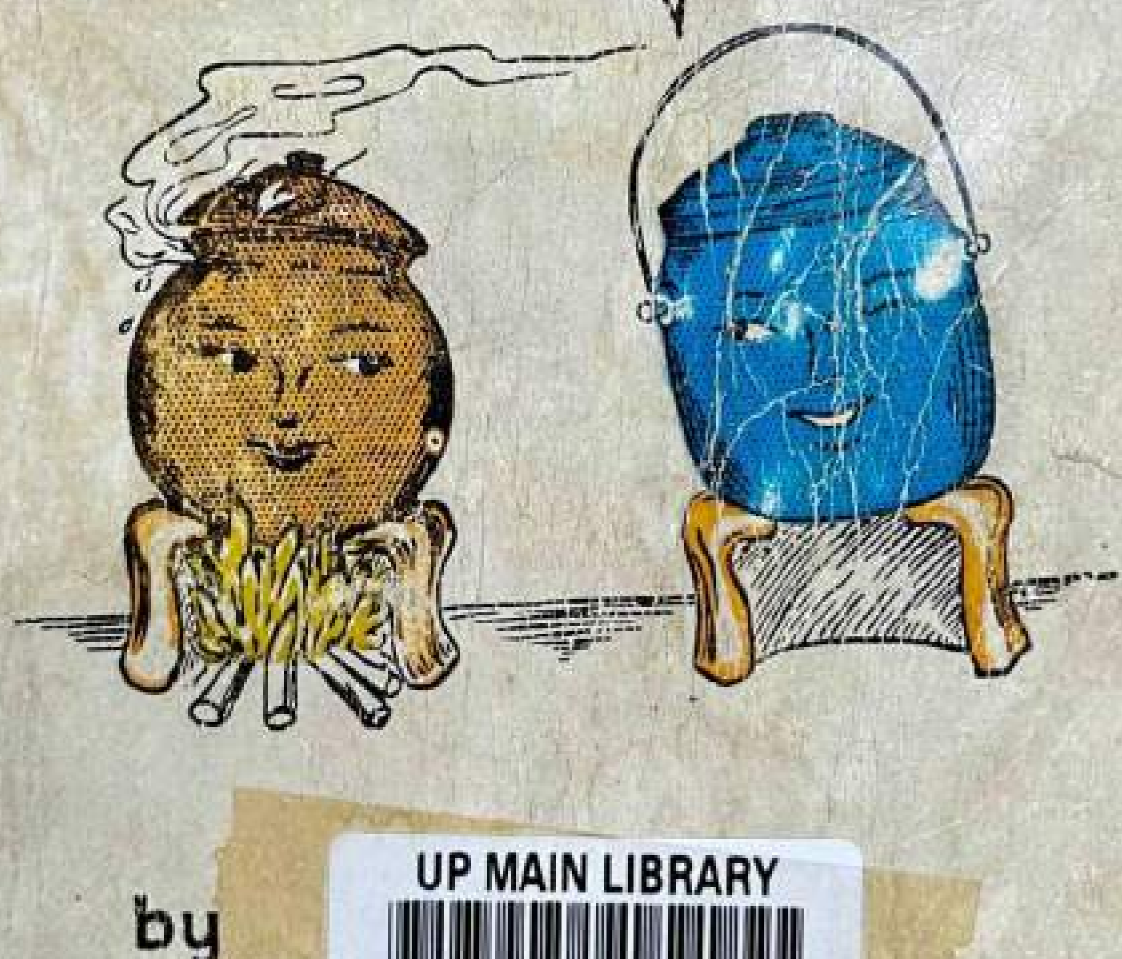
"what's cooking?"



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KITCHEN PRAYER

Lord of pots and pans and everything,
Since I've no time to be
A saint by doing holy things,
Or watching late with thee;
Or dreaming in the dawn's light
Of storming Heaven's gates,
Make me a saint by cooking meals,
And washing cups and plates.

Warm up the kitchen with Thy love,
And light it with Thy peace,
Forgive me all my worrying,
And make my grumblings cease.
Thou who loves to feed men,
In homes and field and sea,
Accept this service that I give,
I do it all for Thee.

Cebu City
March 24, 1973

To the University of the Philippines
College of Home Economics —

With best wishes,

inday camara-gumban

APR 5 73

"what's cooking?"

715 Choice Recipes

by

inday camara-gumban

gift - the author

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Illustrations by:

Arleigh D. Acompañado

"A woman who loves to cook is at peace with herself"

to HER

this book is dedicated

JUN 14

FOREWORD

To most people, cooking is one unglamorous career for it means dressing chickens, cleaning fish and sea foods, peeling potatoes and letting down some tears every time you slice the onions. But when the young ones gather in the kitchen, not minding a spatter of grease on the new dress or some flour powder when a sudden breeze invades thru the kitchen window, it is perhaps because of the old saying that "the best way to a man's heart is thru the stomach". Mother's mission around the kitchen, however, is different. Hers is the job of planning menus to help Carmen in her slenderizing diet and Junior to gain more weight or to satisfy Daddy's ravenous appetite after a tennis match. Her stand in the kitchen embraces the knowledge of meats, birds and fish, plants, herbs and spices, the economy of ancient homemakers and the chemistry of the modern scientist for all of this is within the radius of the culinary sphere.

Just as one person is given the stroke to create beautiful pictures with paints and brushes, and another the ability to set down into musical masterpieces the melody lying in his heart and soul, any woman with a little imagination can also create cakes, salads, and pastries that are works of art.

We can talk of art and beauty in endless ways, but the minutes are ticking fast on the big kitchen clock and before long we'll be hearing, "I'm hungry, when do we eat......?" So when the folks poke their heads into the kitchen door and ask, "What's cooking....?", you can give the ready answer from this book.

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CHAPTER I

COCKTAILS
APPETIZERS
CANAPES

44 Choice Recipes

A man-about-town, strolling along the city's smart district met his old friend from the countryside. Indeed the meeting called for a celebration — so, inside a bar, the city guy asked the country mouse, "Will you have a cocktail?" But the poor one, not understanding what a cocktail meant whispered into his friend's ear something that made the bartender chuckle. For he said, "Would you mind if I'll have the cock's wing?"

COCKTAIL TROPICANA

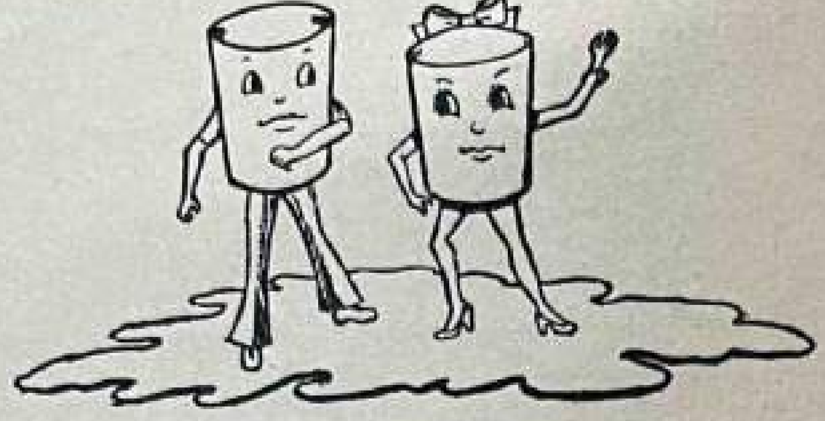
2 c. coconut water
2 jiggers brandy
Dash of Angostura bitters

Shake with crushed ice.

MANILA SUNSET

1 jigger lime juice
1 jigger grenadine
2 jiggers Manila Rum

Shake with crushed ice.



TEEN-AGERS' RUM

1 part rum
3 parts charged water
Sugar to taste

Shake with crushed ice. Serve in glasses with a lemon slice perched on the rim of each glass.

GIN SLING

1/2 jigger lime juice
2 jiggers dry gin

Shake with crushed ice. Serve in cups; float a green cherry in each cup.

SINGAPORE SLING

2 ice cubes
1/4 jigger dry gin
1/4 jigger cherry brandy
Lemon juice
Soda water to fill glass

A company of soldiers was once invited to a military dinner. When they were all seated around the dinner table generously laden with food, the captain addressed them, "Boys, we are now ready to begin our offensive; I therefore command you to treat the food and wine as you would the enemy." The soldiers then enjoyed the dinner, but as they started to leave, the captain saw a private hide a bottle of whiskey in his pocket. The accusing eyes of the officer hit the boy, but he explained, "Sir, I'm only obeying orders — what we don't kill we take prisoner".

CUBA LIBRE

2 ice cubes
1/2 jigger lime juice
1 jigger rum

Coca Cola to fill glass

SORRENTO COCKTAIL

1 jigger whiskey
1 jigger vermouth
Juice of 2 oranges

Shake with crushed ice.

ALOHA COCKTAIL

4 parts pineapple juice
2 parts brandy
Sugar to taste

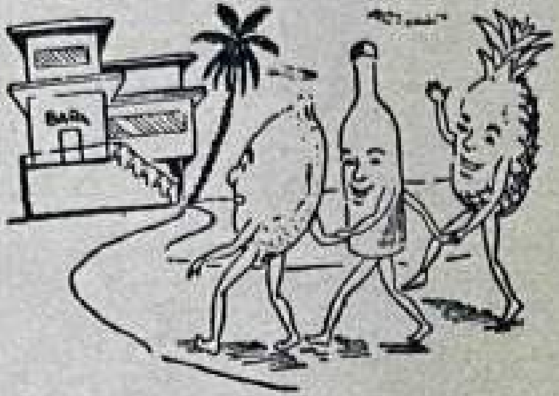
Shake with crushed ice.

A few months ago our friend Noli was jilted by the girl friend who found a guy who is "tall, dark, and has-some". Noli felt so broken-hearted we tried to convince him that "hearts do not really break— they just crack a little but still go on beating". But in answer to this, he tried to drown his sorrows with wine.

Then last week, at a cocktail party, Noli gave me a pleasant surprise by not taking a drop of liquor. So when the last guest had said goodnight, I asked for the explanation of the sober change and he said, "What's the use of drowning the sorrow that has already learned to swim?"

But to you whose sorrows have not yet acquired the swimming technique, here are more cocktail formulas:

FOUR-LEAF CLOVER



1 jigger lemon juice
2 jiggers gin
2 jiggers pineapple juice
2 tbsp. sugar

Color green. Shake with crushed ice.

PEACH NECTAR

2 Parts peach juice
1 part rum

Shake with crushed ice.

PINK CLOUDS

2 c. pineapple juice
1 jigger brandy
2 jiggers grenadine syrup

Shake with crushed ice.

PAPAYA SUNSHINE

2 parts papaya juice
1 part rum
Sugar

Shake with crushed ice.

Some years ago, a lovely song swept the country —. "Fools rush in, where angels fear to tread...." So tremendous was its popularity that it hod become almost a proverb. Incidentally, the old version runs— "Dolts proceed at full gallop where heavenly inhabitants are apprehensive of promenading".

In the early days after Liberation, he was a clever guy who opened a bar, because it offered good business in those days. But more clever was that one who hung this sign:

FOOLS RUSH INN
(where angels fear to tread)

To make the story short, the most popular cocktail in that inn was called:

ANGEL'S KISS (WOW!)

1 jigger Creme de Cacao
1 tbsp. heavy cream
1 cherry

Pour liquor into glass. On this float heavy cream. Top with cherry on toothpick resting on rim of glass.

P.S. A perfect drink for one who wishes to "rush in" — but if you take too much, careful buddy, you may be kissing angels without wings.

MELON DEW

Scraped cantaloupe
7-Up

Mix and chill.

APPLE JACK

1 jigger apple juice
1 tbsp. sugar
1/2 jigger brandy

Shake with crushed ice.

ORANGE BLOSSOMS

4 parts orange juice
2 parts gin

Shake with crushed ice.

MORNING GLORY

2 c. grape juice
3 tbsp. lemon juice
1 pint. chilled ginger ale

Shake with crushed ice. Serve in stemmed cocktail glasses.

To be taken the morning after?

People, like many other things become dull when alone. Perhaps that was why God, seeing Adam so lonely in the garden of Paradise, took a rib from him and created the first "loudspeaker".

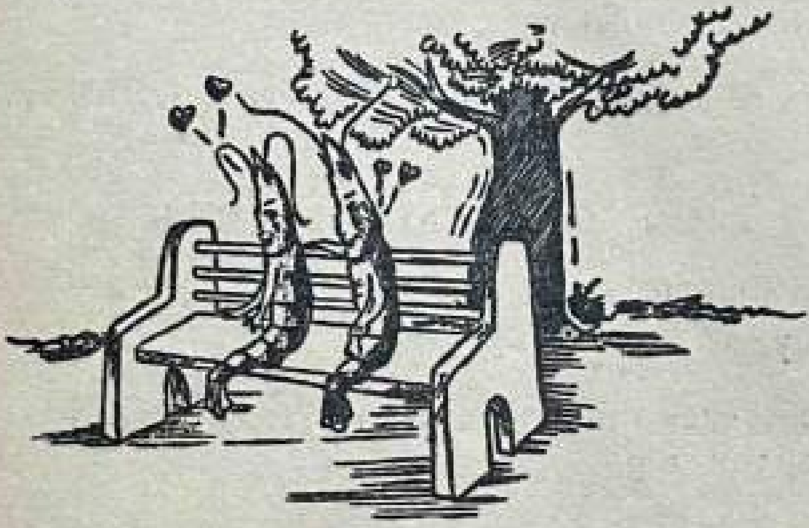
And when Noah (he was considered the greatest financier "for floating a corporation when everyone else was in the state of liquidation") started his journey on the ark, the animals and birds he took along were in pairs.

And so, following the natural laws, a cocktail would also seek the company of a canape or appetizer to get its sparkling glory.

CANAPES

The canape is one of the most important figures in the stage of cocktail accompaniments so that it pays to dramatize it well. Since it plays a leading role, the hostess should try her best to give what it deserves.

The real definition of a canape is "an open-faced sandwich". The bread is cut in squares, rounds, triangles or fingers, as the filling may demand. Sometimes, on more special occasions tiny crackers are used. The prepared filling is spread on the bread, then the tops are garnished.



BLUSHING SHRIMPS

2 tbsp. peanut butter
2 tbsp. cream cheese
1 tbsp. curry
Salt
1 tbsp. red wine
6 boiled shrimps

Mix first 5 ingredients; spread on crackers. Top each canape with shrimp which had been marinated in lemon juice.

CHEESE CANAPES

Cheese Spread
Crackers
Stuffed Olives

Spread cheese on crackers. Garnish with sliced stuffed olives.

A-1 CANAPES

1 package cream cheese
1 c. peanut butter, chunky style
1/2 c. chutney
Salt and pepper
Red wine to moisten

Mix ingredients together. Spread on crackers.

EGG CHUTNEY CANAPES

4 hard-boiled eggs
Chutney

Slice eggs thin; arrange on toast rounds. Spread chutney on top.

CRAB CANAPES

Toast triangles
1 c. crab meat
Lemon juice
Salt and pepper
1 tbsp. butter
1 tbsp. flour
1 c. milk

Marinate crab meat in lemon juice and seasonings. Make a white sauce of butter, flour, and milk. Add crab meat, cook for a few minutes. Cool, spread on toast, garnish with pimiento strips.

SALMON CANAPES

1 c. shredded salmon
Lemon juice
2 tbsp. mayonnaise

Combine ingredients. Spread on toast or crackers. Tuna, crab or lobster may be used in place of salmon.

CHICKEN A LA KING

2 tbsp. butter
2 tbsp. flour
1 c. milk
1 c. chicken stock
2 c. cooked chicken, chopped
1 pimiento, chopped
6 button mushrooms, sliced
Salt and pepper

Melt butter; blend in flour and seasonings. Add milk and chicken stock gradually, stirring constantly until thickened. Add chicken, pimiento, and mushrooms. Cook a few minutes. Serve on split hot biscuits, toast, patty shell, or tiny crackers.

Tuna, shrimps or flaked crab may be used instead of chicken.

CANASTA CANAPES

Serve chicken a la King on rectangular pieces of toast. Garnish with pimiento cut-outs in the form of hearts, clubs, spades, and diamonds.

If there ever is a popular duo gracing the comics page, it's none other than Mutt and Jeff.

In a tavern one evening, the inseparable pals dropped by for a drink. Once seated on a dark corner by the bar, they found out they had not enough money for two drinks. Luckily, Mutt thought of an idea. They would order one single drink for the two of them, one half for each. Jeff then started drinking and to Mutt's dismay, finished the drink to the last drop. Angered and ready to strike, Jeff explained, "With your half on top, how could I have sipped my share which happened to be at the bottom?"

The bartender was amused, and as a peace offering, gave Mutt a mild cocktail with some special canapes.

PRIZE CANAPES

12 2-inch squares old bread
1 c. ground pork
1 egg
Salt and pepper
12 raw shrimps, peeled

Dry the bread by exposing to air. Mix pork and seasonings. Spread on bread squares. Pat firmly one shrimp on each square. Fry in deep hot fat, letting the "shrimp side" touch the fat first. Serve hot.

FISH AND CHEESE RAREBIT

2 c. Medium White Sauce
6 button mushrooms, sliced
1 c. flaked cooked fish
Lemon juice
1/2 c. cooked shrimps
1/2 can green asparagus tips, cut in pieces
1 c. grated cheese

Marinate fish and shrimps in lemon juice. Heat white sauce over a low heat. Add the rest of the ingredients. Serve on crackers.

APPETIZERS

Appetizers are tiny morsels served with cocktails before dinner — not to satisfy, but to whet the appetite. For this reason they should be light, small and pleasing to the eye.

Try to make them attractive and colorful. The hostees can use a little imagination to create appetizers that would surely be the talk of the party.

For gala appetizers on picks, stick them on: a whole cabbage, orange, apple, upo, eggplant, or ceramic appetizer holders.

FRENCH FRIED ONIONS

Cut large onions into 1/4 inch slices and separate into rings. Dip onion rings in milk then in flour. Fry until brown.

STUFFED EGGS

4 eggs, hard-boiled
2 tbsp. mayonnaise
Minced sweet pickles
Pimiento strips

Cut eggs lengthwise. Scoop the egg yolks; mash and add the mayonnaise and pickles. Return mixture to egg whites. Garnish with pimiento strips.

EGGS IN REGATTA

3 hard-boiled eggs
2 tbsp. mayonnaise
1 tbsp. chopped pickles
Thin slice salami

Cut eggs in halves lengthwise. Scoop out yolks and mix with mayonnaise and pickles. Return this mixture to the egg whites. Cut salami in triangles to represent sails. Pin each salami triangle with one end of toothpick; pin other end of toothpick into egg white. Arrange eggs on a blue plate.

PIGS IN BLANKETS 1

1 Small bottle stuffed olives
1 lb. bacon

Cut bacon slices into two. Wrap an olive in bacon; secure ends with toothpicks. Panbroil until bacon is brown and crisp.

PIGS IN BLANKETS II

12 large oysters, parboiled
Salt and pepper
12 thin slices bacon

Season oysters with salt and pepper. Wrap each in bacon and fasten with a toothpick. Fry quickly until bacon is brown and edges of oysters curl.

RUMAKI

12 Chicken livers
12 pieces water chestnuts
12 slices bacon
Mustard

Spread mustard on livers. Wrap bacon around liver and water chestnuts securing end with toothpick. Bake in a hot oven.

CHICKEN LIVERS IN SKEWERS

Chicken livers
Sliced bacon
Salt and pepper

Cut livers into halves and bacon into squares. Season with salt and pepper. Alternate bacon and liver on skewers. Broil.

KEBABS

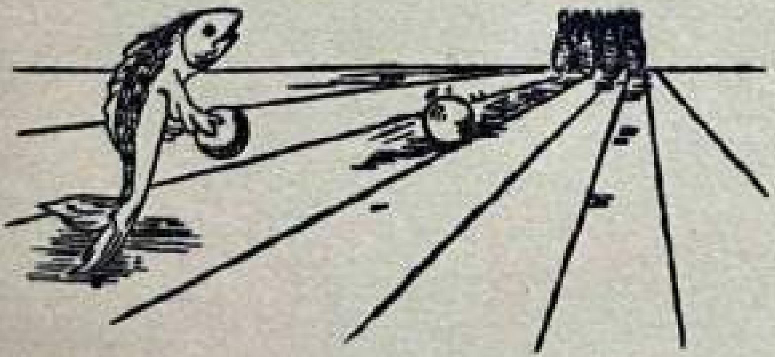
Chicken liver and gizzard, cooked
Pineapple chunks
Vienna sausages, cut in pieces
Sliced pickles
Cooked shrimps

Arrange on wooden skewers. Serve.

CHEESE ROLLS

1 package cheese
Lumpia wrappers, cut in quarters

Cut cheese in strips. Wrap in lumpia wrappers and fry in hot fat until brown and crisp.



TUNA-CHEESE BALLS

1 can tuna
1/2 can cheese, mashed
Lemon juice
1/2 tbsp. mustard
Chopped peanuts

Combine tuna, cheese, lemon juice and mustard. Chill. Form into small balls; roll in peanuts. Serve on picks.

CHINESE MEAT BALLS

1 c. chopped pork
¼ c. chopped raw shrimps
2 tbsp. chopped water chestnuts
2 tbsp. chopped dried mushrooms
2 green onions and leaves, cut fine
Salt and pepper
1 egg

Form into small balls. Fry in deep hot fat. Serve on picks.

LUMPIA SHANGHAI

Cut lumpia wrappers into quarters. Wrap a little Chinese Meat Balls mixture in the lumpia wrappers and fry until brown and crisp. Serve with Sweet-Sour Sauce.

PINSIC FRITO

Wrap a little Chinese Meat Balls mixture in Won Ton wrappers. Fry in hot fat. Serve with Sweet-Sour Sauce.

Won Ton wrappers can be bought from Chinese restaurants. Or you can make your own by following recipe of Pancit Molo wrappers.

FISH ROLLS

3 fish fillets, cut in strips
Salt and lemon juice
6 native onions, cut fine
1 c. ubod, cut fine
6 dried mushrooms, cut fine
1 egg
2 tbsp. flour
Soy
Lumpia wrappers, quartered

Mix ingredients and wrap in lumpia wrappers, sealing edges with water. Fry until brown and crisp.

STUFFED MUSHROOMS

12 big dried mushrooms
1/2 c. ground pork
2 tbsp. chopped ham
4 chopped shrimps
2 eggs
1 tbsp. butter
4 green onions, minced
Soy

Soak mushrooms in cold water. Remove stems, but keep the caps intact. Mix the remaining ingredients and use to stuff mushrooms. Steam in a little broth.

RICE SAUSAGES

1 c. cooked rice
1 c. cooked chicken, chopped
2 egg yolks
1/2 c. grated cheese
Salt and pepper
Lumpia wrappers

Cut lumpia wrappers in halves. Mix ingredients and shape into small sausages. Wrap in lumpia wrappers and fry to a golden brown.

PICKLED FISH

2 c. sliced raw fish
2 green peppers, sliced
1 onion sliced
1/4 c. vinegar
1 tbsp. pounded ginger
1 red hot pepper
Salt and lemon juice

Mix ingredients together. Let stand for 2 hours. 1/2 c. pure coconut milk may be added.

Drain fish and serve on picks.

HEAD CHEESE

1 hog's head
1 hog's tongue
Salt and pepper
Chili powder
Chopped sweet pickles

Clean and scrape hog's head and tongue. Cover with water, add salt and simmer until meat falls from bones. Drain meat; cut in pieces. Add chili powder and pickles. Pack meat in a rectangular pan, cover and place a weight over it. Let stand in refrigerator until firm. Slice thin to serve.

OTHER APPETIZERS

Small pieces chicharon
Fried squids
Olives, salted nuts, cheese cubes
Fried chicken livers
Small empanadas
Rolled anchovies
Small spiced sardines
Sliced sugared ham
Shrimps with mayonnaise
Tiny sandwiches
Salami
Cocktail sausages
Small croquettes
Tiny cream puffs filled with creamed chicken
Mini — Pizzas
Mini — Pancakes

CHAPTER II

SOUPS

30 Choice Recipes

ONION SOUP

1 tbsp. butter
1 large onion
4 c. chicken stock
4 slice toast
2 tbsp. grated cheese

Slice onion thin, fry in butter until golden brown. Add chicken stock and simmer for a few minutes. Place toast and cheese on 4 soup plates. Pour soup over and serve at once.

ALPHABET SOUP

4 c. chicken stock
1 tbsp. alphabet noodles
4 tbsp. minced cooked chicken
1 tbsp. grated cheese

Cook noodles in boiling stock. When tender, add chicken; season. Serve in cups, sprinkle with cheese.

P.S. A man insisted that there are only 25 letters in the alphabet. When his wife asked why, he answered, "because U and I are one".

SOPA JARDINERA

4 c. meat stock
1/2 c. shredded cabbage
1/2 c. string beans
1 potato
1 Small carrot
1/2 c. lavender colored ube
Salt and pepper

Boil stock. Add cabbage and other vegetables. Simmer gently until done.

GIBLET POTATO SOUP

3 chicken livers and gizzards
2 tbsp. oil
2 cloves garlic
1/2 onion
1/2 bay leaf
2 potatoes
Salt and pepper

In oil saute garlic, onion, and chopped giblets. Cook for about 15 minutes. Add bay leaf, sliced potatoes, and water or stock to cover. Simmer gently until potatoes are tender. Season to taste.

BRAIN SOUP

2 pig's brains
1 tsp. vinegar
1 tbsp. oil
2 cloves crushed garlic
1/2 onion, sliced
1/2 bundle miswa
Salt and pepper

Boil brain with vinegar, salt and a little water. Cool and cut in pieces. Saute the garlic and onion in oil, add brains and enough stock or water. Simmer for 15 minutes. Add miswa last.

AUSTERITY SOUP

2 tbsp. oil
2 cloves crushed garlic
1/2 onion, minced
1 c. flaked fried fish (leftover)
1 patola, sliced
1/2 bundle miswa

Saute garlic and onion in oil. Add fish and enough water. Simmer for half an hour. Add patola and cook for a few minutes. Add miswa last. Season with salt and pepper.

FISH CHOWDER
(A favorite of the Hero of PT-109)

1/2 kilo white fish
2 slices salt pork, diced
1 large onion, minced
3 potatoes
1/2 c. chopped celery
1/2 bay leaf, crumpled
Salt and pepper
2 c. milk
2 tbsp. butter

Cook fish in 2 c. boiling water for about 15 minutes Drain; remove skin and bones and flake in big pieces.

Cook salt pork in a heavy pan over moderate heat until golden brown and crisp. Remove pork pieces from fat.

Add onion to fat in frying pan and cook until golden. Add fish, vegetable and seasonings. Add the fish stock. Cover and simmer gently for half an hour. Add milk and butter and simmer for a few minutes more. Serve in small bowls and sprinkle with the crisp brown pork.

Way back in high school, in our class in science, our teacher used to say that two fast means of communication are the telegraph and the telephone. Now, we have grown older and perhaps a bit wiser— and found out that the fastest is indeed the "tell-a-woman". It has no wires, no codes, and oh! so easily transmitted over the back fence! For this means of communication, I am truly grateful, because it is thru the kitchen's back door that my neighbors transmit to me some of their treasured recipes.

CORN SOUP

2 tbsp. oil
4 green onions
1/2 c. shrimps
Shrimp liquor
Salt and pepper
1 c. fresh grated young corn
4 c. water
1 c. green pepper leaves

Saute onions and shrimps in oil. Add shrimp liquor and seasonings and cook for a few minutes. Add corn, then water. Simmer until corn is cooked. Add pepper leaves last.

CLAM SOUP

2 tbsp. oil
2 cloves crushed garlic
1 onion, minced
1 tomato, chopped
1 c. parboiled clams
1/4 c. rice
1/2 bay leaf
Salt and pepper

Saute garlic, onion and tomato in oil. Add the clams, bay leaf, seasonings, and rice; cook for a few minutes. Add enough water and simmer gently until rice is done.

SOUP AURORA

4 c. chicken stock
1 tbsp. tapioca
1/2 c. cooked chicken
1 tbsp. chopped cooked ham
2 tbsp. tomato ketchup

Cook tapioca in chicken stock until clear. Add other ingredients; simmer for a few minutes more. Season.

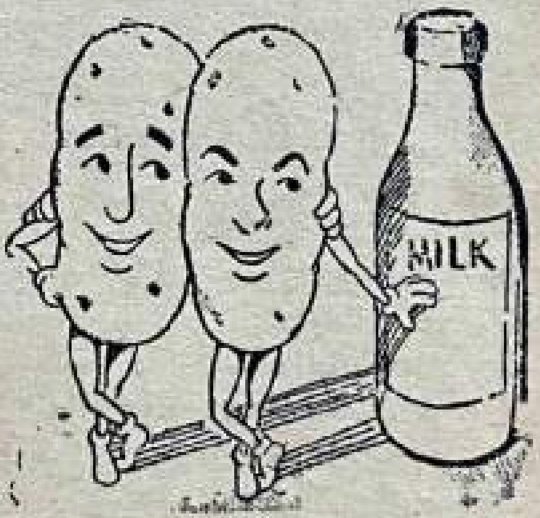
CONSOMME CARMENCITA

4 c. chicken stock
1/2 c. cooked diced ham
1/2 c. diced carrots
1/2 c. peas
Salt and pepper

Cook carrots in chicken stock. Add ham, peas, and seasonings.

POTATO PUREE

4 large potatoes, boiled
2 tbsp. butter
2 tbsp. flour
1 tall can evaporated milk
2 c. water
Salt and pepper
4 tbsp. diced fried bacon



Pass potatoes thru a sieve. Melt butter; add flour, then milk, water and seasonings. Add potatoes and simmer for about 10 minutes. Serve in cups; sprinkle bacon on top.

For Lavender Ube Soup, substitute ube (kinampay) for potatoes.

SUNSHINE CARROT SOUP

4 carrots
2 potatoes
1 onion
2 tbsp. butter
1 c. milk
Salt and pepper

Cook carrots, potatoes, and onion in water to cover until vegetables are tender. Rub thru sieve, stir in milk. Add butter. Season and serve.

CHICKEN ASPARAGUS SOUP

3 native green onions
1 c. chicken breast meat, sliced
6 c. chicken stock
1 small can asparagus
Salt and pepper

To chicken stock, add minced onions and breast meat of chicken. Simmer for half an hour; season. Add asparagus, cut in inch pieces. Serve hot.

BACHOY

1/4 k. pork loin, cut thin
1 tbsp. oil
4 cloves garlic
1 onion
Sliced ginger
1 tsp. patis
2 pork kidneys, cleaned
1 pork heart
1/4 k. pork liver

Cut kidneys, heart and liver in thin slices. Brown in oil.

Heat oil, saute garlic and onion. Add pork loin, ginger and patis; cook for 10 minutes. Add fried kidneys, heart and liver, and enough water. Season and simmer until meat is tender. Serve hot, garnished with chopped green onions.

SOTANGHON WITH MEAT BALLS

1 c. ground pork
4 native onions
1 egg
Salt and pepper
2 tbsp. oil
3 cloves crushed garlic
1/2 c. raw shrimps, peeled
6 c. chicken stock or water
1/2 c. sotanghon, soaked and cut
2 tbsp. shredded cooked ham

Combine pork, 1 minced onion, egg, and seasonings. Form into small balls and fry until brown.

Saute garlic and onions in oil. Add shrimps, and when they turn pink, add meat balls and stock. Simmer gently for an hour. Add sotanghon, cook for a few minutes more. Serve hot, garnished with ham and green onion leaves.

ARROZ CALDO

1 small chicken
2 tbsp. oil
4 native onions
Small piece of ginger
7 c. water
1/4 c. rice
Salt and pepper
Fried garlic

Cook chicken with onions, ginger and oil for about 15 minutes. Add seasonings and water; simmer gently until chicken is half done. Add rice and finish cooking. Serve hot, garnished with fried garlic.

For Chicken Tinola, instead of rice, use sliced green papaya or upo.

BIRDS' NEST SOUP

1 c. birds' nest
1 breast meat of chicken
1 piece ham
1/2 c. water chestnuts
1/2 c. bamboo shoots
8 c. chicken stock
Soy

Cut breast meat, ham, and vegetables in fine strips, add to chicken stock. Boil; add birds' nest and simmer gently until cooked. Season.

CREAM OF CORN SOUP

2 tbsp. oil
2 tbsp. minced onion
2 tbsp. flour
4 c. water
1 c. fresh grated young corn
2 c. milk
Salt and pepper

Cook onion in oil. Add flour; stir; then add water slowly, blending well. Add corn and seasonings. Simmer until corn is cooked. Add milk and serve.

Fried meat balls may be dropped into soup.

FLOR DE MAIZ

1 small can cream-style corn
4 c. water
Salt, pepper, Aji-no-moto
1 tsp. cornstarch
1 egg
Chopped green onions
Chopped ham

Combine corn, water and seasonings; boil for about 15 minutes. Add the cornstarch dissolved in little water and cook for few minutes more. Add beaten egg slowly into soup, stirring continually. Remove from fire. Serve garnished with onions and ham.

CHICKEN PESA

1 hen
1 large onion, quartered
6 peppercorns
Salt
1 small head cabbage, quartered
4 potatoes, whole
1/4 c. white wine

Boil hen with onion, seasonings, and enough water until tender. Add cabbage and potatoes; simmer until vegetables are tender. Add wine and serve.

CREAM OF CHICKEN SOUP

4 tbsp. butter
4 tbsp. flour
2 c. milk
4. c. chicken stock
1/2 c. cooked diced chicken
Salt and pepper
Toasted kasuy nuts

Melt butter; blend in flour. Add milk and chicken stock slowly, stirring well. Simmer for a few minutes, add chicken and seasoning. Serve in cups garnished with kasuy nuts.

CREOLE CHICKEN GUMBO

8 c. chicken stock
2 tomatoes
4 tbsp. fried diced bacon
2 onions, sliced
2 c. sliced okra
1 c. cooked chicken
1 c. shrimps
Salt and pepper

Combine first five ingredients, simmer gently for one half hour. Add chicken and shrimps. Season and serve.

SUMMER SOUP

Serve Cream of Chicken Soup or any other cream soup on cups over cracked ice.

If you saw the movie that gained an Oscar for Jose Ferrer, you will remember the greatest swordsman and lover of all France — Cyrano de Bergerac. For who can forget the poetry that only Cyrano could recite, and who would not actually know the deep feeling of Roxanne when she said, "I have never loved but one man and yet I have lost him twice.....?"

Perhaps only time was able to cool the burning ache in Roxanne's heart after Cyrano was gone. And to us, on hot summer days when the burning rays of the sun drench our minds of poetry, chilled foods can help our memory so we can recall that Frenchman's immortal lines. Try serving:

CREME "AMOUR"

2 egg yolks
4 c. hot chicken stock
1 c. milk
Salt and pepper
2 tbsp. finely chopped ham

Beat egg yolks; add seasonings and chicken stock. Cook over a slow fire for 2 minutes. Add milk and cool. Serve in cups over crushed ice, sprinkle with ham.

ICED CHICKEN SOUP

2 tbsp. butter
1 onion, sliced
2 apples, sliced
1 tbsp. flour
3 c. chicken stock
4 tbs. white wine
1/2 c. diced cooked chicken
1 c. chilled milk

Cook onions and apples in butter until soft. Add flour and cook for a few minutes. Add chicken stock and wine; simmer for 15 minutes. Pass thru sieve and cool. Add chicken and milk. Serve in cups over crushed ice.

ROYALTY CHICKEN SOUP

2 onions
1 carrot
1 stalk celery
1/2 c. butter
6 c. chicken stock
1/2 c. white wine
Salt and pepper
6 potatoes, sliced
3 c. milk
Salt and pepper

Cook onions, carrot and celery in butter until a light brown. Add chicken stock, wine and sliced potatoes; simmer gently for 1/2 hour. Sieve. Add milk and seasonings. Chill. Whip with rotary beater and serve in cups. Garnish with shredded ham.

MULLIGATAWNY

1 chicken, in pieces
2 small onions
1/4 c. lentils, soaked
4 c. chicken stock
4 c. coconut milk
1 tsp. curry
1/2 bay leaf
4 tbsp. butter
Salt

Cook sliced onions in butter until brown. Add curry, chicken and salt; cook until chicken is well browned. Add stock, coconut milk, lentils, and bay leaf. Simmer gently until done.

This popular soup from India is served with rice.

PANCIT MOLO

1 chicken
1 c. shrimps, peeled raw
2 cloves crushed garlic
8 green onions
Salt and pepper

Boil chicken, reserving breast meat for filling. When chicken is tender, remove meat from bones and cut in pieces. Saute garlic and onions in a little oil. Add shrimps, then the shrimp liquor taken from the pounded shrimps' heads. Add chicken, seasonings, and chicken stock. Simmer gently for 1 hour.

PASTRY

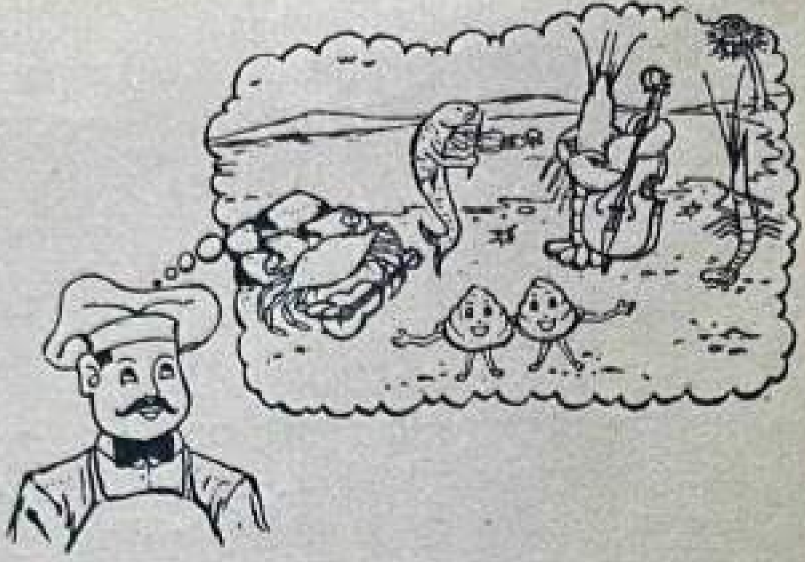
2 egg yolks
Salt
4 tbsp. water
Flour to make stiff dough

Combine ingredients. Knead until fine and smooth. Roll dough very thin; cut into small triangles. Put a little filling on each; roll upper end of triangle towards the base, enclosing the filling, then pinch the two remaining ends together. Drop these balls into the boiling soup few minutes before serving. If there are any dough trimmings, cut in small pieces and cook in the soup.

FILLING

Breast of chicken, ground
1 green onions, cut fine
1 tsp. flour
1 egg yolk
Salt and pepper

Combine ingredients. Season.



A chef from old Marseilles caught a nap in his kitchen one day. The tide came right into his kitchen floor, seaweeds came swaying, and the music of the waves lulled him to sleep. A dozen clams, some fish, 2 debonaire crabs, a gang of pretty shrimps and a handsome lobster arrayed themselves before him, and to the beating of the waves on the strand, performed a concert.

So perfect was the harmony — and perhaps this was why the chef, upon waking up from his dream, gathered the same concert participants but instead of a stage, he utilized his soup kettle to give to the world the culinary symphony of fish and sea foods in this famous:

BOUILLABAISSE

(Zarzuela de Mariscos)

1/4 kilo fish, in pieces
6 c. fish stock
6 tbsp. olive oil
2 cloves crushed garlic
2 onions minced
2 skinned ripe tomatoes
1 green pepper, minced
Chopped parsley
1 doz. clams
1/2 c. crab meat
1/2 c. lobster meat
1/2 c. shrimps
2 pimientos, sliced
4 tbsp. white wine
Salt and pepper
Lemon juice

Marinate fish in salt and pepper and lemon juice. Boil fish bones and skins to obtain stock; strain. Add olive oil, garlic, onions, tomatoes, green pepper, and parsley; add fish and simmer gently for 30 minutes. Season well, then add clams, crab and lobster meat, shrimps and pimientos. Cook for a few minutes more. Before serving, add wine.

Basking in the glory of the Golden Gate Bridge is the lovely city of San Francisco. Nestled among rolling hills, this enchanting paradise is so captivating that anyone who has stayed there, after leaving, always says, "I left my heart in San Francisco."

Aside from the skyscrapers, the breathtaking view of the gleaming bay, the pagoda roofs of Chinatown, the cable cars that seem to have run away from Disneyland, perhaps the most authentic landmark of this busy metropolis is Fisherman's Wharf. Crowded as a subway, bright as cotton candy.

In one of the wharf's restaurants frequented by my brother Jess and his friends, they serve this specialty:

Giovanni's Crab Soup

4 c. beef broth
1 carrot, diced
1 small stalk celery, cut
1 onion, chopped
1 can tomatoes
Salt, pepper, Aji-no-moto
1 c. diced potatoes
1 green pepper, minced
4 fresh crabs, cleaned

In kettle combine first 6 ingredients. Simmer slowly for 1 hour. Add potatoes, pepper, and crab cut in pieces. Simmer over low heat to finish cooking.

If desired, thicken soup with a little cornstarch disolved in cold water.

CHAPTER III

FISH

and

SEA FOODS

91 Choice Recipes

FRIED BANGUS DELILAH

1 bangus
2 tbsp. soy
3 calamansi
1 tsp. sugar
Pepper
2 cloves pounded garlic
Cornstarch

Clean fish well, removing scales. Split at the back until the head and body of fish lay flat. Marinate in soy, calamansi juice, sugar, pepper and garlic for about 2 hours. Drain fish, sprinkle generously with cornstarch and fry immediately in very hot lard.

LEMON BUTTER FISH

1 fish, steamed
1/2 c. melted butter
2 tbsp. lemon juice

Combine butter and lemon juice. Pour over fish. Lemon Butter Sauce is excellent for prawns and lobster.

ORANGE BROILED FISH

6 fish fillets
2 tbsp. orange juice
2 tbsp. melted butter
Salt and pepper

Pour half of orange juice and butter over fish. Sprinkle fish with salt and pepper. Broil over a brisk fire for about 2 minutes. Pour the rest of the sauce on top, broil for 3 minutes more, or until fish is browned.

BREADED FISH

10 thin fish fillets
Salt, pepper and lemon juice
1 tbsp. olive oil
Flour
1 egg
Fine breadcrumbs

Marinate fish in salt, pepper, lemon juice, and olive oil. Dip in flour, then in beaten egg, then in crumbs. Fry in hot fat until brown.

BANGUS EN TOCHO

1 bangus, cleaned
1 amargoso, sliced
2 cloves crushed garlic
4 green onions, sliced
2 tbsp. ginger, cut thin
2 tomatoes, chopped
1 tbsp. tahuri
1 tbsp. salted beans (tausio)
2 tbsp. vinegar

Soak amargoso in salted water for about an hour.

In a little oil saute the garlic, onions and ginger. Add tomatoes; then tahuri and salted beans, mashing them to form sauce. Add vinegar and enough water, and cook without stirring until mixture boils. Add bangus, cover pan and cook until fish is almost done. Add amargoso and finish cooking.

SIMPLE LIVING

FISH "SINIGANG"

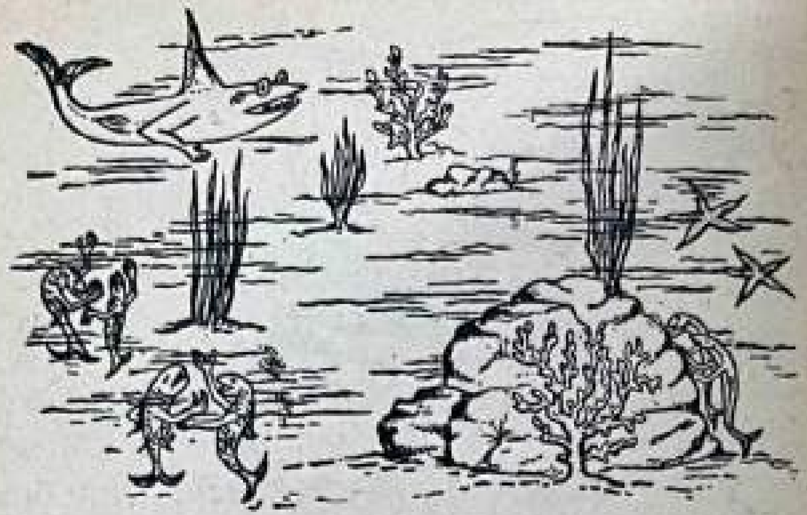
1 medium sized bangus
6 green tamarind pods
4 c. rice washing
Salt
2 green onions
4 ripe tomatoes
1 c. kangkong or camote tops

Clean bangus and cut in pieces.

Boil tamarind with a little of the rice washing, and when it is soft, mash it. Strain, and add to the rest of the rice washing. Boil, add tomatoes, onion and salt. Add bangus. Cover pot and when bangus is almost done, add kangkong or camote tops.

Serve with bagoong sauted with onion, tomatoes and pork scraps.

BEEF AND PORK SINIGANG...... Follow above recipe, using beef and pork. Add gabi, string beans, raddish and other vegetables in season.



Every June, when the tides rise high and a big full moon (with one naughty little star beside it) strides across the sky, all the fishes of the undersea kingdom hold a "meeting of celebrities". The shark calls himself the terror of the deep; the whale says he is a swimming fountain; the red, blue and gold fishes are the a-go-go dancers against a backdrop of beautiful corals. A few yards away from this pageant, a tiny, silvery fish is partly hidden among the seaweeds. Out of jest, the big fishes ask the dilis, "and what are you?" Meekly, it answers, "People say I am brain food."

Talking about size and brain reminds me of this anecdote: When our own Carlos P. Romulo was ambassador to the United States, on one occasion, he was invited to a social gathering. As he moved around with Americans, one of them asked him, "How do you feel among these big tall men?" And CPR, with a twinkle in his eye and that characteristic grin, answered, "I feel like a dime among nickels."

Knowing the mental alertness of CPR makes one wonder, is the dilis his favorite fish?

DILIS PAKSIW

2 c. fresh dilis
4 tbsp. vinegar
1 c. water
3 cloves crushed garlic, little piece of ginger
1 tbsp. pork lard
Salt

Clean dilis, removing heads and intestines. Wrap every 10 pieces in a strip of banana leaf, and place the wrapped fish in a pot. Add remaining ingredients and simmer until done.

DILIS GARLIC SAUTE

1 c. tiny fresh dilis
2 tbsp. oil
3 cloves crushed garlic
Salt, pepper, and calamansi juice

Season dilis with salt, pepper, and calamansi juice.

Heat oil, add garlic and cook until brown. Add dilis, cover pan and cook over brisk fire, shaking pan every now and then.

STEAMED DILIS

2 c. fresh dilis
Salt, pepper, calamansi juice
2 tbsp. oil
4 green onions, cut fine
1 ripe tomato, sliced

Clean dilis well, removing heads. Season with salt, pepper, and calamansi juice.

In hot oil, saute onions and tomatoes. Cool and mix with dilis. Divide dilis into six portions and wrap in tender banana leaves. Steam.

DILIS OMELET

1 c. fine dilis
Juice of 1 calamansi
1 tbsp. lard
2 green onions, cut fine
1 tomato, chopped
3 eggs, beaten
Salt and pepper

Clean dilis. Marinate in calamansi juice, salt and pepper.

Saute onions and tomato in oil. Add dilis, cover and cook. Avoid too much stirring. Remove from fire. Add fish to beaten eggs and cook like an ordinary omelet.

DILIS UKOY

2 c. dilis
1/2 c. flour
1/4 c. cornstarch
Salt and pepper
Water

Clean dilis, removing heads and intestines. Add salt and pepper.

Make a thin batter of flour, cornstarch and water. On a small saucer, put a little batter then scatter some dilis on top. Drop the ukoy into hot fat and fry until brown and crisp. Serve with vinegar and crushed garlic.

DILIS FANS

Large, finger-size dilis
Salt, pepper, calamansi juice
Fritter Batter

Cut dilis through back and slowly take out bones. Season. Dip 3 pieces of dilis (fan shape) in Fritter Batter and fry in hot fat. Serve with vinegar.

DILIS KINILAW

2 c. fresh dilis
Juice of 4 calamansi
Salt
1 red hot pepper
1 onion, sliced thin
1 green pepper, sliced thin
Vinegar

Clean dilis, remove heads and intestines. Add salt, calamansi juice, and rest of ingredients. Chill, and serve raw.

BANGUS RELLENO

1 bangus with scales removed
3 finely chopped tomatoes
1 onion, chopped fine
2 cloves garlic, chopped
1 small potato, cut in cubes and fried
1 small can peas
1 small box raisins
2 eggs
Salt and pepper

Clean the fish taking care not to cut the skin. Roll the fish on the table pressing on it to soften the meat. Cut through the back and remove the backbone. Scrape the meat with a knife. Soak skin in a mixture of calamansi juice, salt and pepper.

Boil bangus meat in little salted water. When cooked, flake, removing all bones. Saute garlic, onions and tomatoes. Add flaked fish and seasonings. Cook for few minutes then add peas, raisins and potatoes. Mix with beaten eggs. Stuff the fish skin with this mixture and sew the opening. Rub outside with flour and fry in hot lard.

ESCABECHE
(Pickled Fish)

1 fish, fried brown
2 tbsp. oil
1 onion, sliced
1 green pepper, sliced
1 piece ginger, sliced
2 c. water
4 tbsp. vinegar
1 tbsp. soy
1 tbsp. brown sugar
Cornstarch to thicken

Cook onion, pepper, and ginger in oil until wilted. Add water, vinegar, soy, and sugar. Simmer for few minutes. Season, thicken sauce with cornstarch dissolved in little water. Pour sauce over fried fish and serve.

Pineapple chunks may be added to sauce.

FISH BALLS

1 1/2 c. flaked fish (salmon)
Salt, pepper, calamansi juice
1 1/2 c. mashed potato
minced green onion
1 egg
1 tbsp. finely chopped roasted peanuts

Mix ingredients and form into balls.

Roll in beaten egg, dredge with flour. Fry in hot fat until brown.

Serve with Escabeche sauce.

BONANZA FISH

1 fish, fried brown
2 tbsp. oil
Juice of 2 calamansi
1/2 c. orange juice
1/2 c. water
salt and pepper
2 lakatan bananas, cut in rings
Cornstarch for thickening

Combine ingredients and simmer gently until bananas are done. Pour sauce over fish.

FISH GUMBO

2 tbsp. oil
1 onion, chopped
1 c. chopped peeled ripe tomatoes
1 green pepper, sliced
Salt
1 c. cubed raw fish
1 c. sliced okra

In oil saute onion, green pepper and tomatoes. Add little water and simmer for about 1/2 hour. Add fish, okra and seasonings. Simmer until fish and okra are done. Serve with rice.

TUNA PATTIES

2 tbsp. butter
3 tbsp. flour
1 c. milk
1 tbsp. lemon juice
1 egg, beaten
1/2 c. fine breadcrumbs
1 can tuna

Make a white sauce of the butter, flour and milk. Add remaining ingredients. Form into patties. Dip in egg, then in crumbs. Fry in hot fat. Garnish with boiled string beans and tomato ketchup.

TUNA TIMBALES

3 tbsp. butter
1 onion, minced
1 green pepper, minced
4 tbsp. minced celery
5 tbsp. soft breadcrumbs
1 c. milk
1½ c. flaked tuna
3 eggs, beaten
Salt, paprika, and pepper

Cook onion, pepper and celery in butter until soft. Add breadcrumbs, milk and tuna. Remove from fire, add eggs and seasonings. Pour mixture into greased timbale molds. Place them in a pan containing hot water and bake in a moderate oven.

FISH IN RICE RING

1/4 c. oil
1 onion, minced
3 tomatoes, chopped
4 c. cooked flaked fish
1 potato, in cubes
1 carrot, in cubes
2 tbsp. chopped pickles
1 small can peas
2 eggs, beaten
Salt and pepper

Saute onion and tomatoes in oil. Add fish and vegetables, cook until done. Add pickles and peas. Before removing from fire, add eggs. Serve in a rice ring.

Once upon a stormy night, a lawyer sneaked into the Kingdom of Heaven, on the allegation that he was served a subpoena from the Celestial Court. At the gate, he lost no time in interviewing St. Peter.

"How long have you been gate keeper?"

"I can no longer remember."

"Are you receiving fair wages? Are you secured with a retirement plan? And what about overtime and gratuities?" He then took St. Peter aside and whispered, "Tomorrow, with your affidavit, we will file charges."

When the Almighty heard this, He summoned all the Archangels and instructed them to guard Heaven's gates against lawyers.

With the fair sex, however, it's quite different. While few women take up law and become lawyers, (to dispense justice and equity) most women "lay down the law and become wives."

The following is a lady lawyer's favorite recipe:

FISH EMPANADITAS

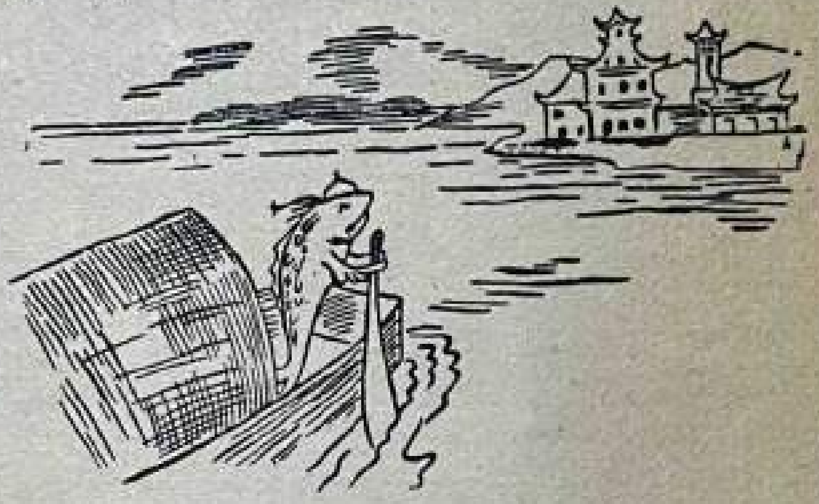
1 tbsp. oil
1 tbsp. flour
1 c. milk
1 c. cooked flaked fish
Salt and pepper
2 hardboiled eggs
Empanada Crust

Heat oil, blend in flour; add milk and cook until thickened, stirring constantly. Add fish, chopped eggs and seasonings. Proceed like Empanadas.

HONEY FISH

8 fish fillets
8 green onions, cut fine
2 tbsp. honey
2 tbsp. white wine
4 tbsp. oil
1/2 tsp. curry
Salt and pepper

Marinate fish in onions, honey, wine, oil and seasonings for 1 hour. Take out fish and place in an earthen pot. Pour marinade and a little water over fish. Simmer gently over a moderate fire.



HONGKONG FISH

1/2 kilo fisn fillets
1 egg
4 tbsp. flour
Salt and pepper
1 stalk celery, sliced
6 water chestnuts, sliced
1/2 c. fresh green pea pods
1/2 c. fresh mushrooms
2 c. chicken both
Soy

Make a batter of egg, flour, seasoning and a little water. Dip fish fillets in batter and fry until brown. Combine fish fillets with the rest of ingredients, simmer gently until vegetables are done.

Shrimps or chicken may be substituted for fish.

FISH CURRY

1 fish, fried
2 tbsp. oil
2 cloves crushed garlic
1/2 onion, minced
1 tomato, chopped
1 tsp. curry
1 c. thick coconut milk
Salt

Saute garlic, onion, and tomato in oil. Add curry, fish and a little water, simmer for 15 minutes. Add coconut milk; heat but do not boil. Season and serve with rice, fried bananas, and boiled string beans.

ZAMBOANGA SARDINAS

20 small fish (hasa-hasa)
3 tbsp. vinegar
2 tbsp. water
Salt
1/2 c. olive oil
1 can tomato sauce
1 hot pepper
1 small carrot, in thin rings

Clean fish well, cut heads. Cook fish with vinegar, water and salt.

Heat olive oil, add tomato sauce, hot pepper and carrot. Simmer for a few minutes. Place fish in sauce. Remove from fire. Let fish remain in sauce for some time.

FISH IN TOMATO SAUCE

1/2 kilo fish
4 tbsp. oil
1 large onion
4 ripe tomatoes
1 tbsp. flour
1 clove garlic
1/2 bay leaf
1 tsp. lemon juice
Salt and pepper

Saute the garlic and onion in oil until brown. Sprinkle with flour, mix well. Add tomatoes, bay leaf, seasonings, lemon juice, and a little water. Add fish and simmer until done.

SUN VALLEY FISH

1 medium-size fish
Lemon juice, salt and pepper
Mayonnaise
2 hardboiled eggs

Cook fish in a little water and seasonings. Place fish in serving platter, cover with mayonnaise. Garnish with chopped eggs, sliced tomatoes and cucumbers.

FISH COOKED IN BEER

8 fish fillets
1 onion sliced
1 carrot, sliced
1/2 bay leaf
1 tbsp. lemon juice
2 tbsp. vinegar
1 tbsp. brown sugar
4 tbps. oil
Salt and pepper
Beer

Combine ingredients and place in an earthen pot. Cover with beer and boil for 10 minutes. Simmer gently until fish is cooked.

ANTIPOLO FISH FILLETS

8 fish fillets
Salt, pepper, lemon juice
1 onion, sliced
1/2 bay leaf, crumpled
2 tbsp. oil
Chopped parsely
1 tbsp. white wine
1/2 c. chicken stock
1/2 c. kasuy nuts

Combine ingredients in a shallow pan and simmer gently until done. Brown kasuy nuts in a little oil and sprinkle on top.

FISH CASSEROLE

2 c. flaked fish
1 tbsp. lemon juice
1/2 c. grated cheese
2 eggs beaten
1½ c. evaporated milk
1/2 c. soft breadcrumbs
2 tbsp. melted butter
4 tbsp. minced onion
1 pimiento, minced

Marinate fish in lemon juice. Combine with other ingredients and pour into a greased casserole. Set casserole in a larger pan containing hot water. Combine breadcrumbs and melted butter; sprinkle on top. Bake in a moderate oven.

FISH ASPARAGUS CASSEROLE

12 fish fillets
Salt, pepper, lemon juice
3 tbsp. melted butter
1 c. Thin White Sauce
2 egg yolks
1 small can asparagus

Place fish, seasonings and butter in a shallow baking dish; bake in a moderate oven. Drain asparagus, arrange them on top of fish. Cover fish and asparagus with white sauce. Brown under the grill. Serve immediately.

BAKED FISH AURORA

1 fish
1 tbsp. soy
Lemon juice, salt and pepper
1/2 c. oil
2 ripe tomatoes chopped
1 onion, minced
1 doz. fresh shrimps

Marinate the fish in soy, lemon juice, salt and pepper. Place fish with marinade in fireproof platter. Saute onion and tomatoes in oil; pour sauce over fish. Peel raw shrimps; arrange on top of fish. Bake in moderate oven, basting often with liquid in pan.

FISH IN FOIL

1/2 kilo fish fillets
2 onion, minced
4 cloves crushed garlic
1/2 c. chopped tomatoes
Chopped parsely
Lemon juice, salt and pepper
Butter

Cut fish into pieces; season with lemon juice salt and pepper. Lay each fish on squares of aluminum foil. Mix garlic, onions, tomatoes, parsley, and a little butter; spread on top of fish fillets. Gather edges of foil and seal. Bake or steam for half an hour. Place on platter and serve.

FISH AND CABBAGE

1/2 kilo fish
2 onions
1 carrot
1/2 kilo cabbage, shredded
1 tbsp. chopped ham
3 tbsp. butter
1 tbsp. flour
1 c. fish stock
1/2 c. milk
Salt and pepper
Grated cheese

Boil cabbage in salted water until tender. Drain.

Remove bones from fish and cut in pieces. Make fish stock with the bones and skin, I onion, carrot, salt and pepper.

Make a sauce of the butter, one minced onion, flour, ham, stock and milk. Simmer gently for a few minutes. Put a layer of cabbage on a fireproof dish, put pieces of fish over it, add a little of the sauce. Repeat. Sprinkle with grated cheese and bake in a moderate oven.

"CAPRI" FISH PUDDING

12 fish fillets
3 tbsp. butter
3 tbsp. flour
1 green pepper, sliced
1/2 c. mushrooms
2 c. fish stock
1/2 c. milk
1/2 c. peeled green grapes

Fry fish fillets, but do not brown. Cook pepper in butter; add flour, mushooms, fish stock, milk and seasonings. Add fish fillets and shrimps; simmer until done. Place on platter and garnish with grapes.

DOUBLE DECKER FISH

1/2 kilo fish fillets, sliced thin
1 c. soft breadcrumbs
1/2 c. cooked chopped shrimps
4 tbsp. oil
Lemon juice, salt and pepper

Lay one half of fish fillets in greased baking pan. Combine rest of ingredients and place evenly on top of fish. Cover with remaining fillets. Add a little fish stock; cover and bake in moderate oven.

STUFFED TURBANS OF FISH

Use the same ingredients for Double Decker Fish.

Fit each fish fillet into a greased muffin pan to form a turban; fasten end with toothpick. Fill center with prepared filling. Add a little fish stock; cover with oil paper and bake in moderate oven.

2 beaten eggs may be added to filling.

LENTEN COD

1/4 k. dry salt cod (bacalao)
3 tbsp. oil
1 large onion, sliced
2 large tomatoes, skinned and mashed
2 potatoes, quartered
1/2 c. boiled garbanzos

Soak cod in water overnight. Take out bones.

Combine ingredients in a cooking pan, add enough water. Simmer gently until done. Thicken sauce with breadcrumbs.

BACALAO A LA VIZCAINA

2 lbs. dry salt cod
2 lbs. onions
2 lbs. tomatoes
6 pimientos
2 cloves crushed garlic
1 slice bread
1 c. oil
Salt and pepper

Soak cod for 12 hours. Put in sauce pan with cold water; bring to a boil; then remove fish and drain. Take out bones carefully without breaking pieces of fish; roll in flour and brown in oil.

In oil, make sauce of garlic, onions, tomatoes, pimientos and bread. Simmer sauce for 1 hour then pass through sieve. Place layers of fish and sauce in a casserole, making sauce layer last. Sprinkle with breadcrumbs and parsley, and place in oven to brown.

"VENICE" COD

2 lbs. salt cod
4 onions, chopped
Oil
4 cloves garlic, pounded
1 pound tomatoes, skinned
1/2 c. roasted peanuts, pounded
Chopped parsley

Soak the cod in cold water for 12 hours. Flake. Mix ingredients together and simmer gently. Add seasonings to taste.

MACARONI SALMON LOAF

1 c. macaroni
1 tall can red salmon
1 pimientos, minced
2 cloves pounded garlic
1 c. milk
1/2 c. grated cheese
2 eggs, beaten
1 c. fine breadcrumbs
Salt and pepper

Cook macaroni in boiling salted water until tender. Combine with other ingredients, reserving 1/4 c. breadcrumbs. Place mixture in well greased loaf pan, sprinkle top with breadcrumbs and bake in a moderate oven.

Lady, suppose your husband calls from the office at six in the evening and says, "Darling I'm bringing the boss home to dinner", can you take the news with a smile? Yes, you can, if your kitchen shelf has some canned goods, if you have some handy recipes ready, and most important of all, if you use your judgment and imagination.

By choosing simple delicious dishes, you can cross your fingers while waiting for the boss to say, "Mr. Rey, you deserve a raise".

For that important dinner, serve:

MRS. REY'S TUNA CASSEROLE

2 cloves pounded garlic
2 cans tuna
1 pimiento, chopped
1 can cream of mushroom soup
1/2 c. milk
3 eggs, separated
Salt and pepper

Combine tuna, pimiento, mushroom soup and milk, pour into a greased casserole and bake until well heated. Beat egg whites until stiff, fold in egg yolks and seasonings. Pour over hot tuna. Continue baking until eggs are set. Serve at once.

HAWAIIAN FISH FILLETS

2 tbsp. oil
1 green pepper, sliced
1 onion, sliced
1 tsp. chopped ginger
1 tsp. brown sugar
1 tbsp. cornstarch
1 tbsp. soy
4 tbsp. vinegar
1/2 kilo fish fillets
1 can pineapple chunks

Cook onion in oil until soft. Add other ingredients and simmer gently until fish is cooked.

TUNA CREAM PIE

3 tbsp. butter
1 onion chopped
1/2 c. sliced celery
2 tbsp. flour
1 c. milk
1 c. water
2 cans tuna
Lemon juice salt and pepper
1 c. cooked potato cubes

Cook onion and celery in butter. Add flour, blending well. Add milk, water, seasonings, tuna and potatoes. Place mixture in casserole. Arrange overlapping small round crackers around rim of pie. Bake in hot oven.

TUNA PIZZA PIE

1 recipe Biscuits
1 onion, minced
1 can tomato sauce
1 can mushrooms, sliced
1 can tuna, drained and flaked
Salt and pepper
Oregano
1½ c. grated cheese

Roll Hot Biscuits dough thin and fit into a greased shallow round pan. Pinch around edge of dough to make it slightly higher so that filling won't run over.

Combine onion, tomato sauce, mushrooms, tuna, and seasonings; spread on dough. Sprinkle cheese over all. Bake in hot oven until crust is brown and filling is hot and bubby. Serve at once.

Shrimps and bacon may be substituted for tuna.

Meat and sausage may also be used.

MINI — PIZZAS

Follow recipe for Tuna Pizza Pie, but instead of Hot Biscuits dough, use small hamburger buns.

Split hamburger buns, arrange on baking sheet. Spread filling on tops, sprinkle with cheese. Bake in hot oven to melt cheese and toast buns. Serve hot.

TUNA SHRIMP CURRY

2 tbsp. oil
2 tbsp. flour
1 tsp. curry
1 c. raw peeled shrimps
1 can tuna
Salt and pepper
2 c. coconut milk

Heat oil, add flour, stirring to blend well. Add curry and shrimps. Cook cover a slow fire until shrimps turn pink, adding a little water if necessary. Add seasonings and tuna. Few minutes before serving, add coconut milk. Heat but not boil. Place shrimps on platter; sprinkle top with chopped roasted peanuts.

BROILED SHRIMPS

6 large shrimps
2 cloves crushed garlic
1/2 onion, sliced
1 tomato, chopped
Lemon juice, salt and pepper

In a little oil, saute the garlic, onion and tomato. Cut shrimps along the claw side; season with salt, pepper and lemon juice. Fill the openings of shrimps with the sauce. Wrap in banana leaves or squares of aluminum foil and broil over charcoal.

"People who need people are the happiest people in the world" is a truism that we all must realize. Everyday, wherever we may be, we need others to be part of our lives, because "no man is an island, entire of itself."

This joy of needing and being needed is best manifested in the family, where the members look beyond their "mortal citadels," to explore into each other's moods and sentiments.

In our house, this need is also evident within the four walls of the kitchen — and must I tell you why?

SHRIMP FRITTERS

Fresh raw shrimps
Salt, pepper, calamansi juice
Fritter Batter

Peel shrimps, leaving tails. Season. Dip in Fritter Batter and fry in hot until golden brown and crisp.

FRITTER BATTER

1 c. flour
1 tsp. sugar
1/2 tsp. salt
1 egg
1 tbsp. oil
2/3 c. iced water

Combine ingredients. Stir until smooth.

This basic fritter batter may be used for meat, fish, vegetables and fruits.

TEMPURA

Shrimps, peeled raw
Fish fillets
Clams, oysters
carrot strips
native onions
eggplants, sliced
Fritter Batter

Marinate fish and sea foods in salt, pepper and calamansi juice.

Dip fish, seafoods and vegetables one by one into batter and fry in deep hot fat. Serve with sauce made by mixing soy, sugar, ginger juice and a little chicken stock.

SHRIMP ADOBO

1 k. fresh shrimps
Salt and pepper
1 c. vinegar
1/2 c. lard
1 head garlic, crushed
2 c. thick coconut milk

Brown the garlic in lard. Add cleaned shrimps, vinegar and seasonings. Cover and cook until almost dry. And coconut milk and cook until it turns to oil.

SHRIMP PORK LOAF

4 native onions, cut fine
1 tbsp. butter
1 c. chopped shrimps
2 c. ground pork
4 eggs beaten
1 c. milk
Salt and pepper
1 tbsp. chopped pickles

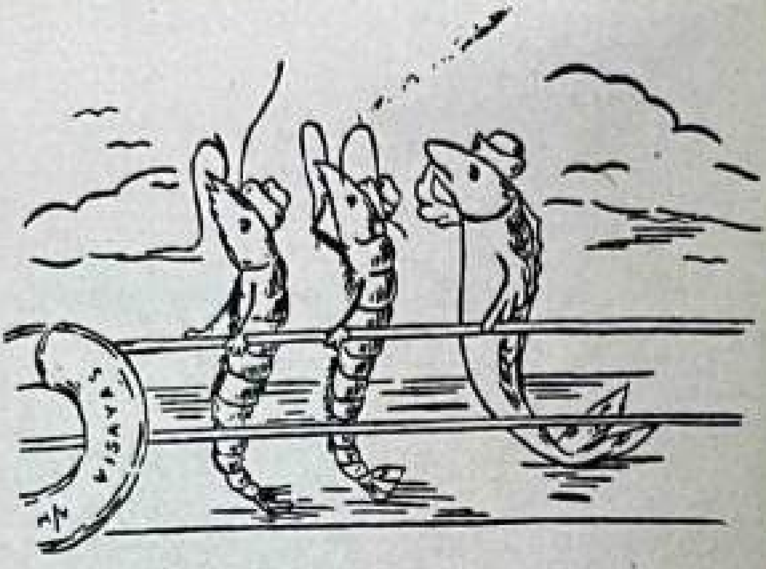
Combine ingredients and pour into greased loaf pan. Steam until done.

Cut in slices.

INTOXICATED SHRIMPS

2 c. fresh unshelled shrimps
2 tbsp. soy
1/2 c. water
2 tbsp. oil
1 tbsp. sugar
4 green onions, cut fine
2 tbsp. gin

Cook shrimps with soy, water, oil and sugar until shrimps turn blushing pink. Add onions and cook for a few seconds more. Before removing from fire, add gin.



SHRIMPS AND FISH MARINERA

1 c. cooked shelled shrimps
1 c. fish fillets
3 tbsp. oil
1 onion, minced
1/2 c. tomato sauce
1/2 c. celery, sliced
1 c. cooked rice
Salt and pepper

Cut fish in cubes. Dredge with flour and brown in hot fat. Saute onion in oil, add tomato sauce and other ingredients. Simmer gently until celery is cooked but still crunchy. Add rice, stir well, add seasonings. Serve hot.

HONOLULU SHRIMPS

1/4 c. brown sugar
1 tsp. cornstarch
1/4 c. vinegar
1 tbsp. soy
1 c. pineapple chunks and juice
1 c. shelled fresh shrimps

Combine ingredients. Cook until sauce is thickened and shrimps turn pink.

SHRIMPS GUMBO

2 tbsp. oil
1/2 onion
1 green pepper
1/2 c. chopped tomatoes
2 c. sliced okra
6 c. water
1/2 bay leaf
1 red hot pepper
2 c. shrimps, peeled raw

Saute onion and tomatoes; add green pepper. Add okra, shrimps, bay leaf and salt. Add rest of ingredients and simmer gently until shrimps and okra are cooked. Serve with rice.

SHRIMP CREOLE

4 tbsp. oil
1 clove crushed garlic
1 onion, sliced
1 c. chopped tomatoes
1/2 c. sliced mushrooms
1/2 bay leaf
2 c. shrimps, peeled raw
Salt and pepper
2 pimientos, sliced

Saute garlic, onion and tomatoes in oil. Add shrimps and cook until they turn pink. Add seasonings, bay leaf, pimientos and mushrooms. Add enough water and simmer gently until cooked.

CELEBRITY SHRIMPS

1 tbsp. oil
1 tbsp. chopped onion
1 c. raw peeled shrimps, cut
1/2 c. carrot cubes
1/2 c. canned whole kernel corn
1/2 c. green beans (boiled and cut)
Salt and pepper
Cornstarch

Heat oil, add onion and shrimps. Saute until shrimps turn pink, then add a little water. Bring to a boil, add rest of ingredients and seasonings.

Thicken sauce with cornstarch dissolved in cold water.

SHRIMP CURRY

1 doz. big shrimps
Salt
Lemon juice
2 tbsp. oil
3 cloves crushed garlic
1/2 minced onion
1 tomato, chopped
1 tsp. curry
2 eggplants, sliced
1 c. thick coconut milk

Peel shrimps raw; marinate in salt and lemon juice. In oil saute garlic, onion and tomatoes. Add shrimps, curry and eggplants. Add enough water to cook shrimps and eggplants. Add coconut milk. Heat but do not boil.

Sprinkle top with chopped roasted peanuts.

GAMBAS
(Spanish Shrimps)

1/2 k. shrimps, peeled raw
Salt, calamansi juice, chili sauce
Flour
4 tbsp. olive oil
6 cloves crushed garlic
1/2 c. white wine

Add seasonings to shrimps, then dredge with a little flour.

Heat olive oil; add garlic and when brown, add shrimps. Cook until shrimps turn blushing pink, then add wine. Cook for few minutes. Serve hot with curried rice.

SHRIMPS A LA ITALIA

1/2 c. olive oil
4 cloves crushed garlic
1 onion, minced
1 kilo shrimps, raw
4 tbsp. white wine
1 small can tomato sauce
2 c. chicken stock
Salt and pepper
Parsley

Brown garlic and onion in olive oil. Add shrimps and when they turn pink, add wine, salt and pepper. Cook for 5 minutes then remove shrimps. To the pan add tomato sauce, chicken stock and parsley. Return shrimps to sauce. Heat and serve.

A man was once asked what 3 things he wanted most in order to be happy. And this was his answer: "Give me an American passport, a Japanese wife, and a Chinese cook."

This statement is not surprising, for we all know that a Chinese cook is a wonderful person around the kitchen. Sometimes we consider his recipes the deepest mysteries behind the Great Wall, because we cannot fully fathom the ingredients, herbs, and spices he uses in his chow meins and steamed chickens. He can make soup from birds' nest and shark's fins, he adds mushrooms and fungi to meats and fish, he flavors his stews with the exotic smell of lotus flowers.

On these days however, the Chinese culinary art is no longer a mystery, although most Chinese restaurants keep their own treasured secrets. If you take good recipes and keen observation on their intricate dishes, these may be the open sesame to the tasty Chinese cookery, the most wonderful in the East.

CRAB FOO YUNG

2 c. flaked crab meat
1 tbsp. wine
Pounded ginger
Salt
6 eggs
2 tbsp. oil
2 green onions, minced
2 dry mushrooms, soaked and sliced
Sliced canned bamboo shoot
2 tbsp. soy
1 c. chicken stock

Add seasoning to crab meat.

Beat eggs, add crab meat. Make 6 individual omelets, and place them on individual serving plates.

Heat oil, saute vegetables until cooked. Add soy, chicken stock and cornstarch to thicken. Pour sauce over the omelets.

SHRIMPS IN GOLDEN POND

7 eggs
1/2 kilo shrimps
1 tbsp. diced ham
Salt and pepper

Beat eggs with equal amount of cold water. Salt to taste. Put in shallow dish, put shrimps on top. Steam for half an hour. Garnish with ham and parsley.

FISH WITH CRAB SAUCE

1/4 kilo boned fish, cut in cubes
1 tbsp. cornstarch
1/2 tsp. aji-no-moto
Salt
1 egg white
4 tbsp. crab meat
2 tsp. oil
1 c. milk

Mix fish with first 4 ingredients. Fry in hot fat. Mix crab meat, seasonings, oil and milk; cook until thickened. Pour sauce over fish.

STEAMED FISH

1/2 k. fish fillets, in small pieces
2 tbsp. tausio, mashed
2 cloves crushed garlic
2 tbsp. sugar
Aji-no-moto
2 tbsp. peanut oil
1 tbsp. ketchup
1 tbsp. worcestershire
1 tbsp. cornstarch
Chopped green onions

Combine ingredients and marinate for 1 hour. Place fish in plate and steam for about 30 minutes.

CORAL PAGODA SHRIMPS

12 large shrimps, raw
1 breast of chicken
1 c. ground pork
6 dried mushrooms, soaked
1 egg
1/2 c. sliced ubod
1 tbsp. cornstarch
4 native onions, minced
Soy
6 lumpia wrappers

Peel shrimps, leaving tails.

Cut chicken and vegetables in fine strips. Mix with pork, egg, cornstarch, onion and soy.

Cut lumpia wrappers in halves. Spread 1 tbsp. of the filling to form a sort of croquette. On one end, place a shrimp, allowing the tail to show. Wrap the shrimp and filling, seal edges with water. Fry until brown and crisp.

FRIED SHARK'S FINS

1/2 c. blanched almonds
1 c. dried shark's fins
1/2 c. pork, cut fine
2 tbsp. shredded ham
4 dried mushrooms
1/2 c. bamboo shoot, boiled
1/2 c. green pea pods
1/2 c. oil
Chicken stock

Brown almonds in a little oil, cool and grind fine. Boil shark's fins with water until tender. Heat oil, fry pork and when brown; add ham, shark's fins and vegetables cut in fine strips. Season with soy. Add a little chicken stock, cover and simmer until done. Serve with almonds sprinkled on top.

ABALONE IN JADE GARDEN

2 abalones, sliced thin
Little oil
1 small head green cabbage
1½ c. chicken stock
Soy
Cornstarch
Green onions, cut fine
1 tbsp. diced ham

Cook abalones in oil for a few minutes, add sliced cabbage and chicken stock. Simmer gently until cabbage is tender. Add onions. Thicken sauce with cornstarch dissolved in a little water. Garnish with ham.

CHOP SUEY

1/2 c. sliced pork
2 tbsp. oil
2 onions, sliced
1/2 c. shelled shrimps
4 dried mushrooms, soaked
1 c. chopped cabbage
1 c. sliced ubod
1/4 c. sliced carrots
1/2 c. sliced green pepper
Soy
Cornstarch

Season pork and saute in oil. Add onions, shrimps and mushrooms. Cook for few minutes, then add water to cover. When mixture boils, add vegetables. Cover and simmer until vegetables are cooked but still crisp. Season with soy and thicken with cornstarch.

FRIED RICE ORIENTALE

2 bowls cooked rice
1/2 c. leftover chicken and pork
1/2 c. shrimp
1 Chinese sausage
3 tbsp. oil
2 cloves crushed garlic
2 native onions, minced
1/4 c. crab meat
1 egg, beaten
Soy

Heat oil, saute garlic, onions, sausage, shrimps and chicken. Add rice and continue cooking, stirring well to heat rice. Add seasonings, then crab meat and egg. Keep stirring until egg dries. Serve hot.

EMPEROR'S SHRIMPS

2 tbsp. oil
2 onions, sliced
4 c. raw peeled shrimps
2 c. Baguio pechay
1 carrot, in rings
2 dry mushrooms, soaked and sliced
1 c. chicharro (green pea pods)
12 quail eggs, boiled

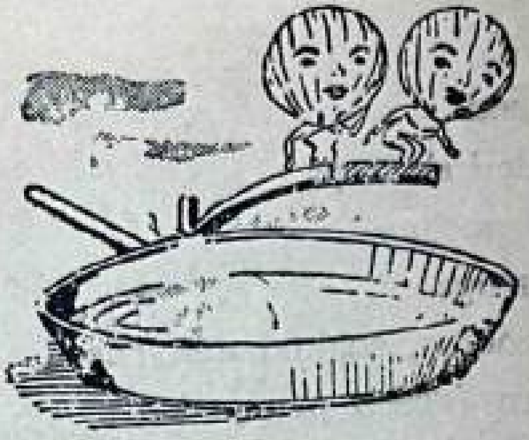
Heat oil, add onions and shrimps; saute for a few minutes. Add vegetables and enough chicken stock. Season with soy. Thicken sauce with cornstarch dissolved in cold water. Serve hot, garnished with boiled quail eggs.

CRAB AND CONDOL

2 c. diced condol, parboiled
1 tbsp. oil
2 green onions, minced
2 dried mushrooms, soaked and sliced
1 c. crab meat
Chicken stock
Soy
Cornstarch
Chopped ham

Heat oil; saute crab meat and vegetables. Add enough chicken stock, condol and soy. Thicken sauce with cornstarch dissolved in cold water. Sprinkle ham on top.

CLAM FRITTERS



2 c. parboiled clam meat, chopped
1 c. flour
1 tsp. baking powder
Salt and pepper
1/2 c. milk
4 tbsp. clam liquor
2 eggs, beaten

Combine ingredients. Drop by teaspoonfuls into hot fat and fry until brown.

BATTERED OYSTERS

Follow recipe for Clam Fritters using large oysters in place of clams.

OYSTERS IN SKEWERS

Alternate large oysters and squares of bacon on skewers; broil until bacon is crisp and edges of oysters begin to curl.

OYSTERS ADOBO

2 c. oyster meat
4 cloves crushed garlic
3 tbsp. vinegar
1/2 bay leaf
4 peppercorns
1/4 c. oil
Salt

Parboil oysters until they open, remove meat from shells. Put all ingredients in an earthen pot and cook over a brisk fire.

HAWAIIAN BROILED OYSTERS

12	large oysters, parboiled
12	squares bacon
12	pineapple chunks

Alternate oysters, bacon and pineapple in skewers. Broil until bacon is crisp.

LOBSTER MIMOSA

2	lobsters
1	onion, minced
2	cloves crushed garlic
1/2	c. white wine
4	tbsp. tomato sauce
Salt and pepper	

Remove meat from boiled lobster and brown in hot oil. Add crushed garlic and onion. Season highly with salt and pepper. Add wine and tomato sauce few minutes before serving.

LOBSTER THERMIDOR

1 medium size lobster
2 tbsp. butter
1 onion, cut fine
1/2 c. white wine
2 tbsp. flour
1 c. milk
Salt, pepper, paprika
Mustard
2 tbsp. grated cheese

After boiling lobsters, split on the claw side. Remove meat, cut into pieces, and cook in butter, onion and wine. Make a white sauce of butter, flour and milk. Add lobster, seasoning and cheese. Fill lobster shell with mixture, sprinkle with more butter and cheese. Brown quickly in boiler.

A prize-fighter went to eat in a swank restaurant in Las Vegas that served lobster as a specialty. When the waiter came with the specialty of the house, the customer saw the lobster had only one claw. The waiter explained that it had a fight with another lobster in the kitchen. The prize-fighter looked at the lobster then said, "Waiter, take this back to the kitchen and bring me the winner".

LAS VEGAS LOBSTER

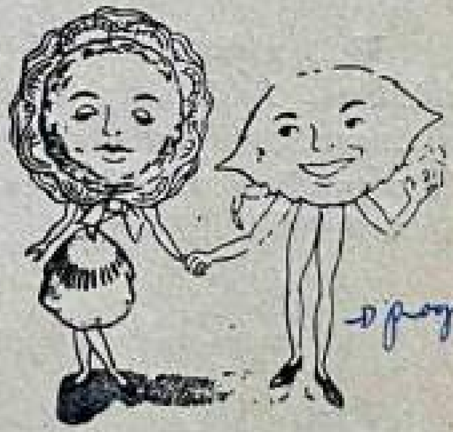
1 lobster, boiled
6 button mushrooms
2 tbsp. butter
2 tbsp. flour
1 c. milk
4 tbsp. grated cheese

Cut lobster and mushrooms in pieces. Place in fireproof dish. Make a white sauce of butter, flour, milk and seasonings. Pour sauce over lobster. Sprinkle with grated cheese and brown in a hot oven.

I had an uncle who was one of the sweetest persons I knew. He was kind and considerate, courteous and accommodating. When he married, everyone said the woman he took for a mate was a very lucky person. (Talking about mates reminds me of how marriage can lower a man's rank. Remember Dewey of the Manila Bay battle? Well, after his wedding day, he ceased to be an Admiral, for then he became his wife's second mate. Going back to my uncle, their marriage was perfect until that day he had a stroke. You know how a sick person acts. He gets nervous even in casual situations, it takes so little to irritate him. But my auntie, a clever and practical woman, told me, "Every time your uncle forgets himself and I see a storm signal in his eyes, I just cook something delicious to eat and thank Heavens, he always calms down."

CRAB AND CAULIFLOWER

1 small cauliflower
1 small carrot
1 c. flaked crab meat
Oil
4 cloves crushed garlic
1 onion
Salt and pepper



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Divide cauliflower in clusters. Cut carrot in rings. Saute vegetables in a little oil. In oil saute garlic and onion. Add crab meat; cook for a few minutes. Add vegetables, seasonings and a little stock. Thicken sauce with flour.

Shrimps may be used instead of crab.

CRAB LOAF

1½ c. crab meat
Lemon juice, salt and pepper
3 eggs, beaten
1 c. soft breadcrumbs
4 tbsp. oil

Combine ingredients. Pour mixture into greased loaf pan. Place in a larger pan containing hot water and bake in a moderate oven.

CRAB PATTIES

3 tbsp. margarine
2 native onions, cut fine
2 tbsp. flour
1 c. milk
1 c. cooked crab meat
1 c. mashed potato
Salt and pepper
1 egg, beaten
Fine breadcrumbs

Melt margarine, add onions and cook for few minutes. Add flour, then milk, blending well. Add rest of ingredients and cook until very thick. Cool and form into patties. Dip in beaten egg, then in crumbs. Fry in hot fat until brown.

COCO-CRAB

6 crabs
1/2 c. water
6 green onions, sliced
Salt
1 tomato, sliced
1 c. thick coconut milk

Boil crab with water and seasonings until cooked. Add coconut milk, heat but do not boil. Serve hot.

CRAB TROPICALE

2 c. flaked crab meat

1 young coconut

4 cloves garlic, crushed

1 onion, minced

2 tbsp. oil

Salt and pepper

Saute garlic, onion and crab meat in oil. Scrape coconut and mix with the crab. Season. Fill cleaned crab shells with mixture and steam.

STUFFED CRABS

2 tbsp. oil
4 cloves crushed garlic
1 onion, minced
4 tbsp. chopped tomatoes
2 c. flaked crab meat
1/2 c. sotanghon, soaked and cut
Salt and pepper
2 eggs, beaten

Saute garlic, onion and tomatoes in oil. Add crab meat and seasonings and cook for a few minutes. Add sotanghon and enough water to cook it. Simmer until sotanghon is tender. Fill the cleaned crab shells with mixture, spread tops with beaten eggs mixed with little flour. Fry in hot fat.

Parboiled mongo sprouts may be substituted for sotanghon.

STUFFED SQUIDS

6 small squids
2 tbsp. oil
4 green onions
1 chopped tomato
1/2 c. chopped shrimps
1/2 c. chopped pork

Clean squids; season with salt, pepper and calamansi juice. Combine shrimps, pork and onions; stuff squids with this mixture.

Saute tomato in oil, and a little water and the black ink from squids. Add squids and cook until done. Thicken sauce with cornstarch dissolved in cold water.

FRIED SQUIDS

Clean small squids and cut in pieces. Season with salt, pepper and a little calamansi juice. Marinate for a few hours.

Mix squids with 1 beaten egg, dip in flour and fry in hot fat until brown.

SQUID ADOBO

8 small squids
Salt and pepper
1/2 c. lard
1/4 c. vinegar
Black liquid from squids

Cut squids into pieces. Mix with rest of ingredients and cook over a brisk fire until done.

CHAPTER IV

MEATS, POULTRY
and
GAME

131 Choice Recipes

PORK BARBECUE

1 kilo pork loin 10
Juice of 3 calamansi
Black pepper
Soy and salt
3 tbsp. sugar
7-Up to moisten

Cut pork in pieces then slice thin. Marinate in rest of ingredients for few hours. Arrange on wooden skewers and broil over charcoal.

PORK TAPA

1 kilo pork
2 tbsp. salt
3 tbsp. sugar
1/2 tsp. ground pepper
1/2 tsp. saltpeter
Vinegar

Mix seasonings and rub into thinly sliced pork. Let stand overnight in refrigerator.

Dry under the sun.

Beef may be used instead of pork.

BREADED PORK CHOPS

Cut pork chops thin, maul with knife handle. Marinate in a little lemon juice, salt and pepper. Dip chops in beaten egg, roll in fine breadcrumbs, and cook in a little fat over moderate heat until brown.

BRAISED PORK CHOPS

(Estofado)

8 pork chops
1 onion, quartered
6 cloves garlic
1/4 c. vinegar
1 tbsp. sugar
1 bay leaf
Salt and pepper
4 potatoes, fried whole
4 sab-a bananas, fried whole

Brown pork chops in a little fat. Place in a pot; add onion, garlic, vinegar, sugar and seasonings. Add enough water to cover. Simmer until pork chops are tender. Add potatoes and bananas and finish cooking.

BAKED PORK CHOPS

1 k. pork chops
4 tbsp. tomato ketchup
1 tbsp. honey
2 tbsp. soy
Salt and pepper
1 c. hot water

Combine seasonings and use to marinate pork chops. Add water and place in baking dish. Bake in moderate oven until tender.

Garnish with sweet potatoes cooked in syrup.

"BONANZA" PORK CHOPS

1/2 k. pork chops, sliced thin
1 tbsp. white wine
Salt and pepper
2 tbsp. oil
1 onion, minced
4 tbsp. tomato sauce
2 tbsp. grated cheese

Place pork chops in sauce pan, add white wine, seasonings and water to cover. Simmer until pork chops are tender.

Saute onion in oil, add tomato sauce, then pork chops. Add stock from pork chops and simmer for few minutes more. Add cheese and cook until it melts.

PORK CHOPS ALOHA

Follow recipe for Pork Chops Vinagrette, but few minutes before removing from fire, and 1/2 c. pineapple chunks.

PORK CHOPS VINAGRETTE

8 small pork chops
2 tbsp. oil
2 onions, cut fine
1/2 c. tomato sauce
4 tbsp. chopped pickles
4 tbsp. vinegar
Salt
1 tsp. sugar

Season pork chops with salt and pepper; brown in hot fat. Saute onion in oil. Add pork chops and remaining ingredients; add water to barely cover. Simmer gently until chops are tender. Garnish with boiled sweet potatoes.

PORK STEW

1/2 kilo pork, in pieces
2 onions, sliced
2 large tomatoes
2 pimientos
Oil
1/2 bay leaf
Salt and pepper

In oil fry the onions and the pork. Add the peeled tomatoes, seasonings and little water. Simmer gently until pork is tender. Add the pimientos in strips. Cook for a few minutes more.

Beef and chicken may be cooked in the same way.

PORK "BORRACHO"

1 kilo pork loin
Salt and pepper
6 cloves garlic, crushed
1 tbsp. oil
Chopped parsley
1 c. red wine

Rub pork with salt, pepper, and garlic. Brown well in oil. Place in a saucepan, add wine and a little water to barely cover. Simmer until sauce is reduced to half.

PORK WITH SWEET SAUCE

1 kilo pork loin
4 tbsp. jelly
2 tbsp. honey
2 c. stock or water
3 tbsp. Port wine
Lemon rind, grated

Cut meat into pieces 3 inches long; boil in salted water. When tender, drain. Roll in flour, coat with egg and fine breadcrumbs and fry until golden. Make a sauce of remaining ingredients; pour over pork. Thicken sauce.

ESCUDELLA CATALANA

1 chicken
1/2 c. white beans
1/2 c. garbanzos
1 Bilbao sausage
1 c. ground pork
1/2 c. ground beef
4 tbsp. breadcrumbs
4 cloves crushed garlic
2 eggs
Salt and pepper
1 small head cabbage, quartered
4 potatoes
1/4 c. vermicelli

Boil together until tender the chicken, sausage, beans and garbanzos which had been soaked overnight.

Mix together next 6 ingredients, form in 2 loaves. Add these loaves to the chicken and broth and when done, add cabbage and potatoes. And vermicelli few minutes before serving.

SWEET-SOUR PORK

1/2 kilo pork, cut in bite-size pieces
water
Salt and pepper
1 egg

Add water and seasonings to pork; simmer until tender. Dip in beaten egg, dredge with flour and fry until brown. Place in serving dish, pour Sweet-Sour Sauce over it.

SWEET-SOUR SAUCE

(Basic Recipe)

1 tbsp. oil
1 onion, sliced
1 tomato, sliced
1 green pepper, sliced
1 red pepper, sliced
Sliced ginger
1½ c. water
4 tbsp. vinegar
1 tbsp. soy
2 tbsp. brown sugar
Cornstarch to thicken

Combine ingredients; cook until thickened. Pineapple chunks may be added.

PIG'S FEET SULTANA

2 pig's feet
1 large onion
2 ripe tomatoes, skinned
2 pimientos
2 cloves garlic
Parsley
1 c. boiled garbanzos
2 boiled potatoes
Salt and pepper

Boil pig's feet in salted water with 1 bay leaf and some peppercorns. When tender, remove from bones, and cut in pieces. Make a sauce of garlic, onions, and tomatoes in a little oil. Add pig's feet, garbanzos and potatoes, cook for a few minutes. Add parsley.

HUMBA

1 k. pork belly
2 tbsp. soy
1 tbsp. tahuri, mashed
2 tbsp. brown sugar
4 tbsp. vinegar
2 cups water
1 tsp. peppercorns

Cut pork into 2-inch squares. Mix with rest of ingredients. Place in native pot lined with banana leaves. Simmer gently until tender.

EMBUTIDO

1/2 kilo lean pork, ground
1 can Vienna Sausage, mashed
6 native onions, cut fine
Salt and pepper
Sweet pickles, chopped
1 raw egg
1 tbsp. flour
3 hard boiled eggs
Aluminum foil

Mix first 7 ingredients. Divide into three parts. Cut three squares of aluminum foil. Spread 1 part filling on 1 square of foil. Arrange 1 boiled egg, cut in quarter, on meat mixture. Roll in foil, and seal the ends. Prick with pin and steam for 1 hour. Cool, chill and slice before serving.

If we look at the globe and survey the continents, on the east side we come across hundreds of emerald islands we call our native land. Small as it is, our country has many wonderful places — the rice terraces of Banaue, the Maria Cristina Falls in Lanao, the Chocolate Hills in Bohol and the majestic Mayon Volcano. As a fitting tribute to this "perfect cone", try serving·

MAYON SURPRISE

2	tbsp. oil
1	onion, minced
2	tomatoes, chopped
1/2	kilo ground pork
2	potatoes, cubed and fried
1	carrot, cubed
3	tbsp. peas
1/2	small box raisins
2	tbsp. flour
1/2	c. milk
Salt and pepper	

Saute in oil the onion, tomatoes, meat and seasonings. When meat is cooked, add carrots, cook over low heat until carrots are done. Add peas, raisins and potatoes. Sprinkle flour over mixture, add milk stirring well.

On a platter, arrange a mound of cooked rice or mashed potato to form a volcano. Place meat mixture over rice, making a crater on top. Garnish with streak of ketchup to represent lava, and arrange some black olives at base of volcano.

Place a small container inside crater, put some brandy in it and ignite. Serve while flaming.

PORK ROLLS "EVERLASTING"

1 kilo pork
2 doz. shrimps, peeled raw
Dried mushrooms, soaked and sliced
Sliced bacon
3 tbsp. oil
3 cloves pounded garlic
1 onion, minced
1 small can tomatoes
4 potatoes, sliced
Salt and pepper

Cut pork into fillets about 3 inches square. Maul lightly, lay flat on table; sprinkle with salt and pepper. On each fillet lay slices of mushrooms, bacon and shrimps. Roll up, securing ends with toothpicks. Brown in hot fat. Make a sauce of oil, garlic, onion, and tomatoes. And pork rolls and water to barely cover. Simmer until pork is tender. Add potatoes and finish cooking.

PORK IN BEER

1 kilo lean pork
3 c. water
1/2 bottle beer
1 sliced onion
1 carrot
1 tbsp. sugar
1 slice bread
1 bay leaf
Salt
6 peppercorns

Put pork and water in a saucepan. Bring to a boil; reduce by half, and skim carefully. Add beer and other ingredients, simmer gently until tender.

BRAIN FRITTERS

3 pig's brain
1 tbsp. vinegar
Salt
1 egg

Clean brains well, removing all membranes. Cook with salt, vinegar and a little water. Cool and slice. Beat egg well. Dip brain in egg and brown in hot fat.

BRAINS A LA GRANADA

4 pig's brains, boiled
Crushed garlic
1 onion
3 ripe tomatoes
1 Bilbao sausage
1/2 c. cooked chicken meat
1/2 c. shrimps
2 c. chicken broth
1 can asparagus
Salt and pepper
2 hard boiled eggs

In a little olive oil, saute the garlic, onions and tomatoes. Add sausage, chicken, shrimps, chicken broth and seasonings. Add brains and asparagus. Cook for a few minutes. Garnish with hard-boiled eggs.

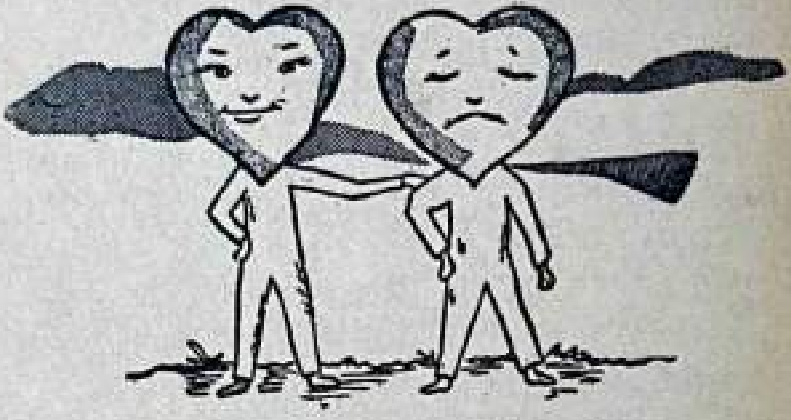
KIDNEY STEW

6 pork kidneys
1 bay leaf
Salt and pepper
2 tbsp. oil
1 tbsp. vinegar

Wash kidneys, slice very thin and season with salt and pepper. Cook in oil with bay leaf until tender. Add vinegar and a little water. Cook for a few minutes more and serve hot.

It was one of those famous surgeons who said, "Among the organs the heart is the noblest. It is the first to be born and the last to die".

Putting aside this very sensible statement, have you realized that hearts are very delicious to eat? Try cooking:



SWEET-SOUR HEARTS

4 pig's hearts
4 tbsp. fat
2 tbsp. flour
Salt and pepper
2 cloves crushed garlic
1 onion, minced
1/4 c. vinegar
2 tbsp. sugar

Clean hearts and cut in quarters. Brown quickly in hot fat. Add flour, blending well. Add rest of ingredients and enough water to cover. Simmer until tender.

BROILED KIDNEYS

6 pork kidneys
6 slices bacon
Lemon juice, salt and pepper
1 tbsp. oil

Cut kidneys into halves; marinate in lemon juice, seasonings and oil. Drain kidneys and wrap each in one-half slice of bacon. Broil until crisp and kidneys are tender.

STUFFED HEARTS

6 pig's hearts
Bread and Celery Stuffing
2 tbsp. butter
2 tbsp. flour
Salt and pepper

Wash hearts, trim and fill with stuffing. Sew openings. Dredge with flour and brown in hot fat. Transfer hearts to a saucepan, add water to cover and simmer gently. Season well, thicken stock with butter and flour.

LIVER AND ONIONS

8 thin slices liver
1/4 c. red wine
4 onions, fried in oil
Salt and pepper

Marinate liver in wine for 1 hour. Roll liver in flour and saute in oil. To fat in skillet, add a little flour, onions, a little water and marinade. Season to taste. Pour sauce over liver.

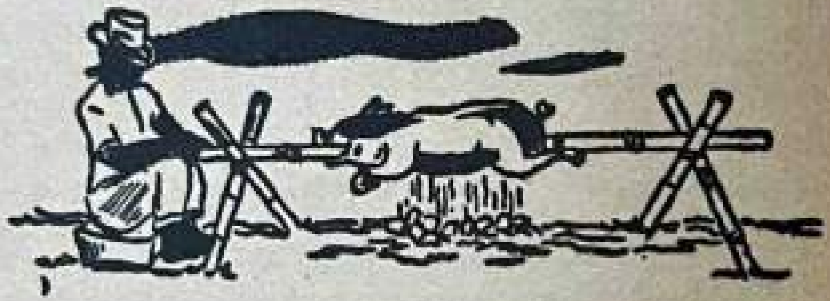
LIVER LOAF

1/2 kilo pork liver
1 onion
Parsley
1/2 c. milk
2 eggs
2 tbsp. flour
Salt and pepper

Grind liver, parsley and onion. Combine with other ingredients. Bake in a well-greased loaf pan in a moderate oven.

"BARRIO FIESTA" LECHON

Clean a dressed suckling pig. Rub inside with salt, then allow to drip. Pass a bamboo pole thru pig, tie feet. Fill the part near belly with a mixture of ground black pepper, bay leaf, pounded garlic and native onion. Roast over charcoal.



LECHON SAUCE

1 pig's liver, roasted rare
1/2 c. vinegar
2 tbsp. oil
1 head garlic, pounded
1 large onion, cut very fine
Salt and pepper
Fine breadcrumbs

Cut liver in pieces then pound in a mortar. Mix with enough water and pass thru a sieve.

In oil saute garlic and onion. Add strained liver, vinegar, sugar and seasonings. Cook over slow fire; thicken with breadcrumbs.

When eating, dunk lechon into sauce.

LECHON PAKSIW

1 kilo left-over lechon
1/2 c. vinegar
4 cloves garlic
1 tbsp. soy sauce
1 tbsp. brown sugar
1 bay leaf
6 peppercorns
Left-over lechon sauce

Combine ingredients. Add enough water to cover and simmer until tender.

PORK PAKSIW

(Pickled Pig's Knuckles)

2 pig's feet, well cleaned
4 cloves garlic
1/2 c. vinegar
1 tbsp. soy sauce
1 tbsp. sugar
1 bay leaf
6 peppercorns
6 ripe sab-a bananas

Combine meat, seasonings, and enough water to cover. Simmer gently; when meat is half done, add bananas and finish cooking.

Instead of soy, bagoong may be used.

DINUGO-AN

1/2 c. lard
4 cloves crushed garlic
1 large onion, minced
3 tomatoes, chopped
1/4 k. pork belly
1/4 k. lean pork, minced
2 pig's kidneys, minced
1 pig's heart, minced
1/4 k. pork liver, minced
1/2 c. vinegar
Salt and pepper
10 green peppers (de espada)
6 camias, sliced
2 c. pig's blood
1 red hot pepper

In lard saute garlic, onion and tomatoes. Add pork, kidneys, heart, liver, seasonings and vinegar. Cover and cook for half an hour. Add pork belly (previously boiled until tender, then minced). Cook for a few minutes more, then add green peppers and camias. Dilute pig's blood with a little water and add to cooked mixture, stirring in one direction until thickened. Add red hot pepper.

Serve with rice or puto.

KILAWIN
(Pickled Pork)

1/2 pig's head, boiled soft and cut in pieces
2 tokua, cut in cubes and fried
6 cloves garlic, crushed fine
1 onion, sliced
1 red pepper, in strips
1 c. vinegar
Salt and pepper
soy

Combine ingredients and serve.

LECHON SA KAWALI

1 k. pork belly
2 tbsp. soy
water

Boil pork with water and soy until tender. Drain and hang under the sun for 4 hours.

Fry in deep hot fat. Slice and serve with hot vinegar.

For Crispy Pata, use pig's feet.

PATIO PICNIC STEAK

4 cloves pounded garlic
1 tbsp. sugar
4 tbsp. soy
1/2 c. water
2 tbsp. vinegar
1 kilo sirloin steak

Cut meat in strips. Soak in marinade for a few hours. Broil over charcoal. Serve with rice and pineapple.

BEEF STEW

1 k. beef
Salt and pepper
2 tbsp. fat
3 c. water
1/2 bay leaf
8 small onions
2 carrots, sliced
3 potatoes, in cubes

Cut beef in 1-inch cubes. Dust with salt, pepper and flour. Melt fat in a heavy kettle, brown meat on all sides. Add water and bay leaf. Cover and simmer gently until meat is tender. Add vegetables and cook for a few minutes more.

Thicken sauce with a little flour dissolved in cold water.

PAN BROILED STEAK

Beef tenderloin
Butter
Salt and pepper

Cut tenderloin in slices about 1 inch thick. Place meat on board and maul. Season sparingly with salt. Place a little oil in a skillet and heat until sizzling hot. Place meat in hot pan and brown well on both sides. Reduce heat and cook for a few minutes more. Place meat on a hot platter, spread with butter and season with salt and pepper.

Steak With Onions	Brown sliced onions in pan in which the steak was cooked and serve with steak.
Steak With Mushrooms....	Saute slowly in hot butter sliced mushrooms caps. Cook for about 10 minutes. Serve with steak.

When a man makes love to a girl he usually says: "Darling, I'll do everything I can to make you happy". And the bride, after walking down the aisle, eyes still misty but shining with lovelight, would whisper, "I'll be a good wife to you, John. I'll keep house, and cook for you".

But sometimes, before the first anniversary is around, we hear screams, and see broken cups and flying saucers. Over the black fence (which is the shortest and quickest way of communication among neighbors), we get the story.

The man came from the office hungry and tired. Lunch was ready in the kitchen alcove, the radio was broadcasting his favorite mid-day program... but when he ate the steak, he banged his plate, and giving the little woman a furious look, exclaimed, "Nora, when you give me steak, I don't care if it is horse meat — only, don't forget to take off the harness".

MALIGAYA STEAK

Steak, panbroiled
2 tbsp. oil
1 minced onion
1 tbsp. flour
Soy
1 c. stock
1 tbsp. wine
4 tbsp. green peas
2 tbsp. cubed carrots
1 tbsp. minced ham
1/2 c. fresh sliced mushrooms
Pepper

Place steak on serving platter. Make a sauce of remaining ingredients, and pour over steak.

They say that men are just grown-up boys who like to be pampered. They love an occasional highball, coffee (which in order to be good must be black as the devil, hot as hell, but pure as an angel), war pictures, shapely legs and thick steaks usually done rare.

Here is a popular steak recipe from Texas, the land of ranches and strong men.

RANCHERO STEAK

Steak, panbroiled
2 cloves crushed garlic
2 onions, sliced
2 tomatoes
2 red hot peppers
4 tbsp. chopped olives
Flour to thicken
Salt

Into the pan where the steak was cooked, put some water, scour the bottom and sides and keep the drippings.

In a little olive oil saute the garlic, onions, and tomatoes. Add the drippings, salt, olives and flour. Add red hot pepper. Pour sauce over steak.

Though we cannot hope to hold
The splendor in the grass,
And the crowning glory of a flower,
Let us grieve not, but find joy
In the things we leave behind.

This poem was the theme of that beautiful movie which philosophy is so inspiring and worth remembering. It was the story of a love that was lost between two young people, and how its immediate effect nearly cost them their minds and lives.

But as the saying goes, "time heals everything". Time made the boy and girl older and wiser. Time made them find joy in the things they left behind. Time gave them other loves, more real and lasting than the one they thought they had lost.

The boy in the movie found his true love in the person of Angelina, the simple girl who became his wife and the crowning glory of his home and kitchen, because she was a superb cook.

FARMER'S PIE

2 c. cooked left-over meat
2 tbsp. oil
1 onion
2 tomatoes
Salt and pepper
1 carrot cut in cubes
4 potatoes, boiled
2 tbsp. butter
Milk
1 egg yolk

Cut meat in pieces. In oil, saute onion and tomatoes. Add carrots, seasonings and a little water. When cooked, transfer mixture to a pie dish together with meat.

Mash potatoes. Add butter, milk and seasonings. Cover pie with potato mixture. Brush with egg yolk and brown in oven.

MEAT LOAF I

1/2 kilo ground pork
3 eggs, beaten
1 onion, chopped fine
1 c. milk
1/2 c. soft breadcrumbs
Salt and pepper

Combine ingredients. Pour mixture into a well greased loaf pan and bake in a moderate oven.

MEAT BALLS

1/2 kilo ground beef
1 tsp. lemon juice
1/2 c. soft breadcrumbs
2 eggs
Salt and pepper

Combine ingredients. Shape into small balls and brown in hot fat.

MEAT LOAF II

4 green onions, cut fine
1/2 kilo ground pork
2 tbsp. peas
2 tbsp. chopped pickles
1 can Vienna Sausage, mashed
1 carrot in fine cubes
2 eggs, beaten
1/2 c. soft breadcrumbs
Milk to moisten
Salt and pepper

Combine ingredients. Pour mixture into a well greased loaf pan and bake in a moderate oven, or steam over hot water.

Unmold, garnish with a criss-cross pattern of mashed potato.

MEAT BALLS AND SPAGHETTI

1 recipe Meat Balls
3 tbsp. oil
3 cloves crushed garlic
1 onion, cut fine
1 can tomato sauce
1 green pepper, sliced
1 pimiento, sliced
Salt and pepper
1 tbsp. flour
1/2 package spaghetti, boiled
Grated cheese

Saute garlic, onion and tomato sauce in oil. Add meat balls and enough water to cover. Simmer gently for about one half hour. Add green pepper, pimiento and seasonings. Thicken sauce with flour.

Place spaghetti on platter; pour meat balls and sauce over it. Sprinkle generously with cheese.

One of my brothers when asked what drink he favors most always answers; "Beer Barrel Polka minus the barrel and the polka". But aside from being a popular drink, beer is also used in cooking, and with excellent results.

In the following recipe, beer is used. After the food is cooked, let the husband sample it, and whew, whew.... (he can whistle that!)

BEEF ROLL IN BEER

1 kilo beef
1 onion, minced
6 slices bacon
1 bottle beer
1/4 c. vinegar
2 tbsp. brown sugar
6 peppercorns
1 bay leaf
Salt

Slice beef thin as you would when making morcon. Sprinkle lightly with salt. Spread meat on a board, lay on it onions and bacon. Roll and tie with a string. Brown all over in a little fat. Place beef roll in pot; add rest of ingredients and a little water. Simmer until meat is tender.

HAMBURGERS

1/2 kilo ground beef
1 onion, minced
1 tbsp. flour
1 egg
Salt and pepper

Mix ingredients. Shape into patties and cook in small amount of fat, turning several times to brown both sides. Serve with sliced tomatoes and pickles.

CHEESEBURGERS

Shape Hamburger mixture into thin patties. Put 2 patties together with a slice of cheese between. Panbroil until brown on both sides.

"TIPSY" BEEF

1 kilo beef, cut in pieces
4 onions, sliced and fried
4 tbsp. oil
2 tbsp. flour
1 bottle beer
2 tbsp. brown sugar
Salt and pepper
2 tbsp. vinegar

Season beef and brown in oil. Heat 2 tbsp. oil, add flour and brown lightly. Add beer, blending well. Pour beer sauce in an earthen pot, fill with alternate layers of beef and onions, add sugar and seasonings and enough water to cover. Simmer gently until meat is tender. Before serving, add vinegar and cook for a few seconds. Garnish with fried bacon.

POT ROAST

1 kilo beef
4 cloves garlic, crushed
1 onion, minced
2 tbsp. flour
1/2 c. olive oil
1 big can tomatoes
1 tbsp. sugar
1 tbsp. vinegar
Salt and pepper
1 c. red wine

Rub meat with garlic, onion and flour. Let stand for 1 hour.

In a heavy pot, heat olive oil. Sear meat in oil, browning all sides. Add remaining ingredients. Cover tight, cook over lowest heat for 3 hours until meat is fork tender.

BOILED TONGUE

2 ox tongue
1 bay leaf
8 peppercorns
1 onion, quartered
1/2 bottle beer
Salt
Water to cover

Immerse tongues in hot water and scrape to remove the skins. Boil with other ingredients, then simmer over low heat until tender.

BRAISED TONGUE
(Lengua Estofada)

1 beef tongue, scraped
2 cloves garlic
Soy
1/2 c. vinegar
2 tbsp. sugar
4 peppercorns
2 cloves garlic
1 onion, quartered
2 potatoes, fried whole
4 sab-a bananas, fried whole

Split beef tongue, season with soy and brown in oil. Place tongue and oil in which it was cooked in a pot, add other ingredients and enough water to cover. Simmer gently until tongue is tender.

Add potatoes and bananas and cook for a few minutes more.

TONGUE WITH RAISIN SAUCE

1 boiled tongue
2 tbsp. oil
1 small box raisins
½ c. toasted kasuy nuts
Tongue stock
Flour
1 lemon, sliced thin

Cut tongue in thin diagonal slices. Make sauce with the remaining ingredients. Simmer tongue in sauce. Season to taste.

SPICED TONGUE

After scraping beef tongues, trim, and prick all over with fork. Follow recipe and instructions for Home Cured Ham.

Cook cured tongues in water, a little wine, seasonings and spices until tender. Chill. Slice thin and serve as appetizer.

TONGUE IN TOMATO SAUCE

1 boiled tongue
2 tbsp. oil
3 cloves crushed garlic
1/2 onion, minced
1/2 can tomato sauce
2 potatoes, in cubes
Salt and pepper
Fine breadcrumbs

Saute garlic, onion and tomato sauce in oil. Add sliced tongue and stock in which it was cooked. Add potatoes and seasonings, and cook until potatoes are tender. Thicken sauce with breadcrumbs.

LENGUA A LA JARDINERA

Follow recipe for Tongue In Tomato Sauce, adding 1 small carrot cut in cubes, 6 button mushrooms and green olives. Serve in a platter with a border of mashed potato.

MORCON

1 kilo beef
6 slices bacon
1/4 kilo pork
Minced onion
Salt and pepper
3 hard-boiled eggs
2 tbsp. oil
3 cloves garlic
1 onion minced
1 small can tomato sauce
Flour to thicken

Slice beef thin along the grain. Lay chopped pork and bacon on meat. Arrange sliced eggs on top and roll firmly. Tie with a string, binding well. Brown in hot fat.

Saute garlic, onion, and tomato sauce in oil. Add brown morcon and enough water. Simmer gently until meat is tender. Thicken sauce with flour. Slice and serve.

CHORIZOS

1 kilo ground lean pork
¼ kilo fat, cut in cubes
1½ tbsp. salt
1 tsp. crushed garlic
Black pepper, pounded
2 tbsp. vinegar
Paprika

Mix ingredients. Let stand in refrigerator overnight. Stuff into clean dry pig's intestines, and tie with thread to separate into links.

Hang to dry.

CHORIZOS DE JAMON

2 kilos lean pork
1/2 kilo pork fat
1/2 c. soy
4 tbsp. brandy
6 tbsp. sugar
2 tbsp. salt
1 tsp. saltpeter

Cut meat and fat in pieces. Combine with other ingredients and stuff into dry pig's intestine. Tie with thread to separate into links. Dry under the sun.

HOME CURED HAM

Select a fresh hind leg of pork with transparent fat. Have the bone removed by the butcher. Prick pork all over with fork, trim well but DO NOT WASH. Take 1 cup of common salt, mix with 2 tbsp. saltpeter, and rub well into pork. Place pork on a board, put some weight over it and allow to drip for a few hours. Place pork in the freezer compartment of refrigerator and freeze hard.

On the third day, prepare brine. For every 2 kilos of pork, use:

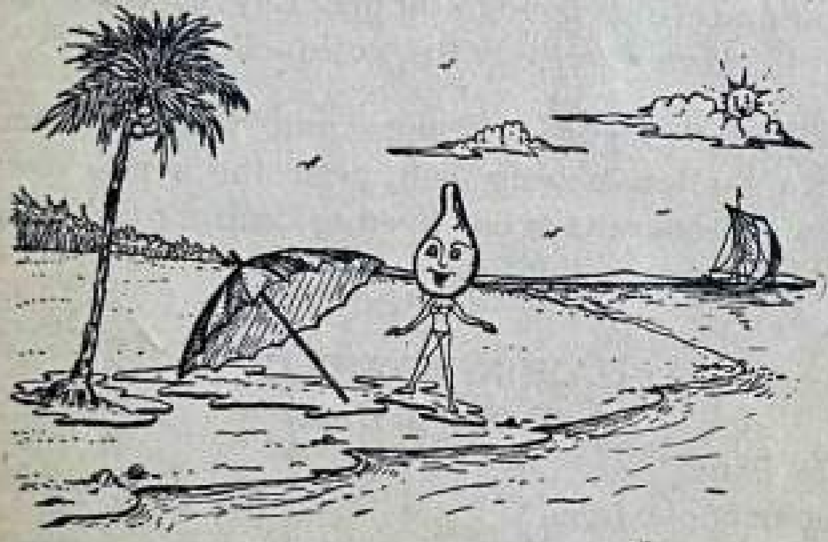
10 c. water
3 c. common salt
2 c. brown sugar
2 bay leaves
8 tbsp. saltpeter (2 T)

Boil water, salt, sugar and bay leaves. Set aside to cool, then add saltpeter. Pour this brine over pork placed in an enamel or glass container. Take care that pork is FULLY SUBMERGED in brine by putting some weight over it. Cure for 30 days in refrigerator, turning pork every now and then.

Take pork from brine and allow to drip for one day. Smoke for about 3 days. Cool, wrap in oiled paper and place in refrigerator for another 15-30 days to age.

BACON .... Follow recipe and instructions for Home Cured Ham, using pork belly.

PORK LOIN .... Follow recipe and instructions for Home Cured Ham, using pork loin.



HAM PACIFICA

Sliced cooked ham
4 tbsp. sugar
1/2 c. orange juice
1 c. water
1 tbsp. butter
1 tbsp. cornstarch
1/2 c. shredded buko

Mix sugar and other ingredients. Cook until thickened.

Pour sauce over ham.

GLAZED HAM ROLLS

1 apple, grated
4 tbsp. finely cut celery
1 c. breadcrumbs
2 tbsp. melted butter
4 tbsp. raisins
Salt and pepper
8 slices cooked ham
½ c. sugar
2 tbsp. vinegar
4 tbsp. water

Combine first 6 ingredients. Lay mixture on ham slices, roll, then fasten with toothpicks.

Boil together sugar, vinegar and water. Place ham rolls in a shallow baking dish, pour the syrup over, and bake in a moderate oven, basting frequently. Garnish with boiled sweet potatoes.

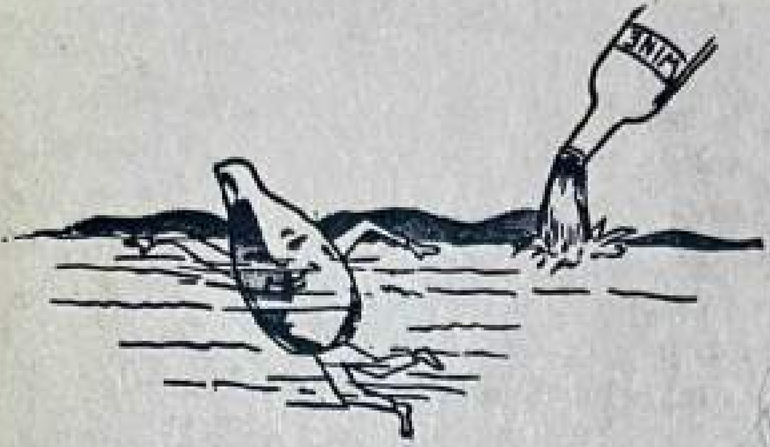
JAMON EN DULCE
(Sugared Ham)

2 kilo ham
4 c. pineapple juice
4 c. water
8 peppercorns
1 bay leaf
1/2 bottle beer
4 tbsp. brown sugar

Soak ham in cold water overnight. In the morning scrub well and wash. Drop ham into a pan of boiling water and boil for about 20 minutes. Drain.

Tansfer ham into a kettle; add rest of ingredients. Having the rind side on top, simmer gently until ham is tender.

Take out ham rind carefully, spread entire surface of fat with sugar, then burn with a red hot iron. To serve, slice very thin.



HAM WITH WINE SAUCE

1/2 tsp. dry mustard
2 tbsp. brown sugar
Salt
1 c. red Port wine
1/2 c. raisins
1/2 c. toasted kasuy
1 c. water
1 slice boiled ham, 1 inch thick
1 tsp. cornstarch
4 tbsp. water
1/4 c. orange juice
¼ c. jelly

Combine ingredients and simmer ham in sauce. Serve with the kasuy sprinkled on top.

FRIED LUMPIA

1 tbsp. lard
3 cloves pounded garlic
1 onion, minced
2 ripe tomatoes
1/2 kilo chopped pork
1 small box raisins
1/2 c. potato cubes
Lumpia wrappers

Saute garlic, onion and tomatoes in lard. Add pork and seasonings. Cook for a few minutes and then add potatoes. When potatoes are done, add raisins.

Wrap mixture in lumpia wrappers and fry until brown and crisp. Serve with vinegar and pounded garlic.

EMPANADAS

CRUST:

1 egg, beaten
1/2 tsp. salt
1 tsp. sugar
3 tbsp. oil
3 tbsp. water
1 tbsp. rum
Flour to make hard dough (about 1½ c.)

Knead until smooth. Roll thin and cut into rounds

FILLING:

1/4 kilo pork, ground
Garlic, onion, tomato sauce
1 small box raisins
1 tbsp. chopped pickles
1 tbsp. flour
1/2 c. milk
4 Vienna sausages, mashed
Salt and pepper
2 hard boiled eggs

Saute garlic, onion and tomato sauce in lard. Add meat and seasoning. When meat is cooked, add raisins, pickles, Vienna sausage, flour and milk.

Put a little filling on the crust rounds, place a slice of egg on top, moisten edges with water, and then fold Seal edges with fork and fry in deep hot fat.

LUMPIA

Lard, garlic, sliced onions
1/2 c. shrimps
1 piece pork, boiled and sliced
2 c. sliced ubod
1 c. shredded cabbage
1 carrot, shredded
1/2 c. green pea pods, sliced
Salt and pepper

Cook in the order given. Wrap in lumpia wrappers with a lettuce leaf on one end. Serve with:

LUMPIA SAUCE

1 c. water
Brown sugar and salt
2 tbsp. flour
Pounded raw garlic

Cook water, sugar, salt and flour until thickened. Remove from fire; cool. Add garlic.

LUMPIA WRAPPERS

1 egg
1 egg white
1/2 c. cornstarch
1/2 c. flour
1/2 tsp. salt
1½ c. water

Beat egg and egg white together. Add cornstarch and flour, and mix well. Add salt and water and beat until smooth.

Grease small frying pan by rubbing it with cloth dipped in margarine. Pour one ladleful of mixture into fry pan, tilting it in circular motion to make wrapper thin. Cook over medium heat.

Repeat until all mixture is used.

JAMBALAYA

1/2 c. cooked diced ham
1 c. diced chicken, cooked
1 c. cooked shrimps
4 tbsp. olive oil
Garlic, onions, tomatoes
1 bay leaf
1 green pepper
1 c. rice
Chicken stock
2 tbsp. red wine

In olive oil saute garlic, onion and tomatoes. Add green peppers, ham, chicken, shrimps, bay leaf, and seasonings. Add rice and cook for a few minutes. Add enough chicken stock to cook the rice. Cover and cook over moderate heat until rice is done. Pour wine slowly over the whole. Serve in earthen casserole.

ARROZ FILIPINA

2 tbsp. lard
2 cloves crushed garlic
4 green onions
2 chopped tomatoes
Achuete
1 piece pork
1/2 chicken
1/2 c. shelled shrimps
1 c. cooked rice
1 c. cooked malagkit rice
1/2 c. coconut milk
Salt and pepper
2 hard boiled eggs

In lard saute garlic, onions and tomatoes. Add pork and chicken which had been cut in pieces. Cook until chicken is lightly browned. Add achuete and enough water to cook chicken. When chicken is tender, add shrimps, then rice. Add coconut milk, stir and finish cooking. Season to taste.

Place on serving platter and garnish with hard boiled eggs.

ARROZ A LA CUBANA

2 tbsp. lard
3 cloves crushed garlic
1 onion, chopped
2 tomatoes, chopped
1/4 kilo chopped beef
1/4 kilo chopped pork
Salt and pepper
1 small box raisins
1/2 c. cubed fried potatoes
Boiled rice
Fried bananas
Fried eggs

Saute garlic, onion and tomatoes in lard. Add ground beef and pork, cook until done, seasoning well. Add raisins, potatoes and a little water so that mixture will not be so dry.

Place meat mixture in center of serving plate. Surround with small mounds of rice, arranging bananas between. Top each rice mound with fried egg.

PAELLA

(Spanish Rice)

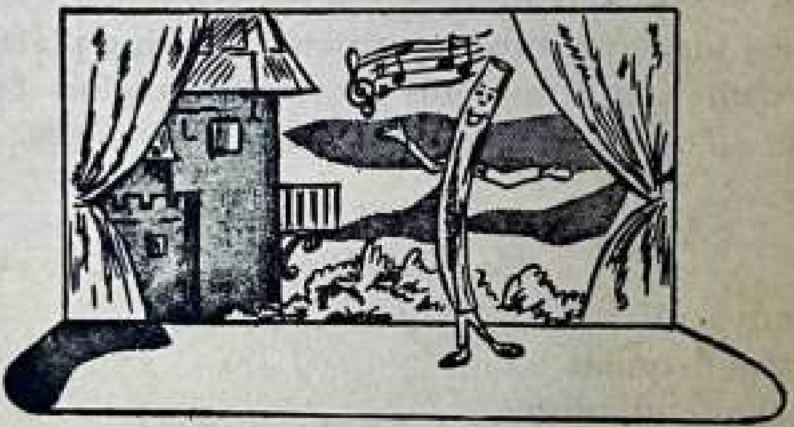
1/4 c. olive oil
1 chopped onion
1 chicken, in pieces
Broth
2 c. washed rice
1 Bilbao sausage, in rings
1 doz. shelled shrimps
1 doz. clams
4 cloves garlic
Paprika
4 tbsp. sherry

Brown chicken with onion in olive oil. Add broth or water to cover, simmer for about 15 minutes. Add rice and other ingredients; cook until rice is done.

Pound garlic with paprika in mortar. Add sherry. Pour this mixture slowly over rice allowing it to seep through. Serve paella in an earthen casserole.

After that embarassing incident one night, my cousin Luis does not want to go to a party again. It all happened after losing in a card game of Truth or Dare. The girls dared him to sing and that was the tragedy. In his nervous situation, he remembered a song of Mario Lanza. Then he began singing, admitting that sometimes the notes detoured from the natural course. The song was almost ending when a bulky policeman came and said, "Pardon me, but you are under arrest". The thoughtful hostess immediately came to his rescue. "What for"? she asked. And the officer answered, "We just got a call in the station that Maro Lanza's song is being murdered in this house".

That unpleasant incident however gives me a pleasant opportunity to give you the tenor's favorite dishes, the recipes of which come from his native Italy.



SPAGHETTI IL TROVATORE

1 package spaghetti
2 tbsp. olive oil
4 cloves pounded garlic
1 onion, cut fine
½ can tomato sauce
1/2 chicken, boiled
4 tbsp. chopped ham
1 c. grated cheese
Salt and pepper

Cook spaghetti in boiling salted water until tender. Heat oil, add garlic and cook until light brown. Add onion and tomato sauce, then sliced chicken, ham, and a little stock from chicken. Simmer for a few minutes. Add spaghetti and seasonings and when well heated, add 1/2 of cheese. Place spaghetti in serving dish, sprinkle with remaining cheese. Serve hot.

Naughty teen-agers say "a kiss to a young girl is faith; to a married woman, hope; and to an old maid, charity."

Of course this will never be true with Ramona, my best cousin, who is a rare specimen of goodness, beauty and talent. She also cooks to perfection. And yet she prefers to belong to the Club of the Unattached. People wonder why, and one time she declared her reason. "Why should I get married? I have a stove that smokes, a parrot that swears over the morning paper, a dog that growls when it's hungry and a cat that stays out late.'

Her favorite recipe is:

CANELONES

Pastry—

2 c. flour
2 egg yolks
1 tbsp. sugar
2 tbsp. butter
1/2 c. water

Mix ingredients together. Knead until smooth and fine. Roll thin. Cut into pieces 3 x 4 inches. Submerge into boiling chicken stock, when they float, remove from stock and drain on a napkin.

Stuffing—

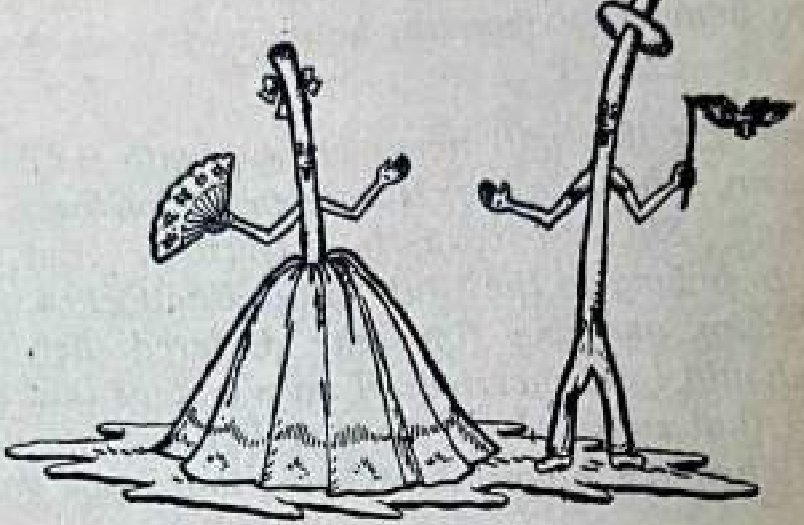
1/2 chicken, boiled and minced
1/2 can Oxford Sausage, chopped

Mix chicken and sausage. Fill cooked pastry and roll. Place on fireproof platter.

Sauce—

4 tbsp. butter
2 tbsp. flour
1 c. milk
1½ c. chicken stock
Salt and pepper
Grated cheese

Melt butter, blend in flour. Add milk and chicken stock slowly, stirring constantly. Season with salt and pepper. Cook until thickened. Pour sauce over canelones, sprinkle generously with cheese. Broil until cheese melts and top is nicely browned.



SPAGHETTI MARDI GRAS

6 button mushrooms, sliced
3 tbsp. butter
1½ c. milk
1 tbsp. flour
Salt and pepper
1 c. cooked diced chicken
2 tbsp. diced ham
4 tbsp. green peas
2 c. boiled spaghetti
1/2 c. grated cheese

Cook mushrooms slowly in butter, add flour and blend well. Add milk and seasonings, then add the chicken, ham, peas and spaghetti. Simmer in sauce until well heated. Place on platter, sprinkle top with cheese.

Serve with Chianti wine, that is, if you want to feel like an Italiano!

SOTANGHON AND CHICKEN

1 small chicken
2 tbsp. lard
4 cloves garlic
4 green onions
Achuete
Salt and pepper
1 c. sotanghon, soaked and cut

Boil chicken in water until tender, seasoning well. Remove meat from bones and cut in pieces.

Saute garlic and onion in lard. Add achuete, chicken and chicken stock. Simmer for a few minutes, then add sotanghon. Cook until mixture is almost dry. Serve hot with green onions sprinkled on top.

A wit once defined a banker as "a man who lends you an umbrella when the sun is shining bright but wants it back the moment it starts to rain". My mentioning a banker does not mean that he is keeping some money for me because honestly, I even need a loan desperately — but because my friend Ray who works in a bank is a very good cook, and he graciously gave me his favorite recipe:

PANCIT MALABON

1/2 chicken, boiled
1 piece pork, boiled
1 c. shrimps
4 tbsp. oil
4 green onions
Patis
Flour to thicken
2 bundles bijon
2 cakes tokua, cubed and fried
Pounded chicharron
Hardboiled eggs
Calamansi
Fried garlic

Cut chicken and pork in strips; cook in oil with shrimps and onions. Add a little chicken stock to moisten, and season with soy. Pound shrimps' heads to get shrimp liquor. Strain, add water, chicken stock, achuete and flour to thicken. Cook to a medium thick sauce.

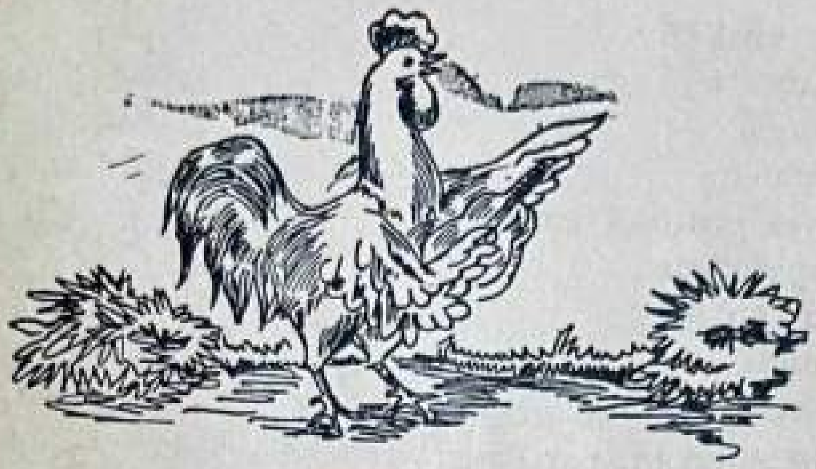
Immerse bijon in boiling water; drain and place on platter. Season with patis and calamansi juice. Spread with meat and shrimp mixture and tokua. Over this spread the prepared sauce. Sprinkle top with pounded chicharron, fried garlic and green onion leaves. Garnish with boiled eggs. Serve hot. Pass patis mixed with calamansi juice.

CHOW MEIN
(Pancit)

4 cloves crushed garlic
½ c. peeled cooked shrimps
¼ c. flaked crabmeat
1/2 chicken, boiled and cut in strips
1 piece pork, boiled and cut in strips
Soy
1 small head cabbage, sliced
6 dried mushrooms, soaked then sliced
1 carrot, shredded
1 c. fresh green pea pods
1 Chinese sausage, sliced thin
Chicken stock
2 big cakes fine miki
1/2 c. sliced onions

In a little oil saute the garlic until brown. Add shrimps and crabmeat, then shrimps liquor taken from pounded shrimps' heads. Cook for a few minutes. Add chicken, pork and sausage. Season with soy. Add cabbage and a little chicken stock, cook for a few minutes, then add mushrooms, carrot and pea pods. When vegetables are cooked, remove from fire. Boil chicken stock in a saucepan, add miki, cooked chicken-vegetable mixture, and onions. Cover for a few minutes, then toss ingredients lightly until miki is cooked. Serve hot with soy and calamansi.

For Bijon Guisado, use bijon instead of miki.



RONDALLA CHICKEN STEW

1 chicken
2 c. water
2 chopped tomatoes
1 onion
1 bay leaf
Lemon juice, salt and pepper
1/2 c. ground roasted peanuts

Cook first 6 ingredients until chicken is tender. Thicken sauce with flour and a little butter. Few minutes before removing from fire, add peanuts.

CHINESE CHICKEN STEW

1 chicken boiled
8 fresh shrimps
1 egg
3 tbsp. flour
4 green onions
4 tbsp. shredded ham
1 carrot, sliced thin
1/2 c. green pea pods

Peel raw shrimps, grind with ½ of chicken meat. Add flour and egg, season with soy and shape into balls. Fry. To chicken stock add remaining meat, seasonings and fried balls. Add vegetables and finish cooking. Serve hot.

SPICY CHICKEN

1 kilo broiler
1/2 c. soy
1/2 c. sugar
1/2 c. water
4 cloves crushed garlic
6 peppercorns
1 slice ginger
Aji-no-moto
Anise seeds

Split chicken, pat dry.

Combine ingredients and add to chicken (placed skin side down) in cooking pan. Simmer for about half hour. Cool. Brush chicken with oil and cut into pieces.

POCHERO
(Boiled Chicken Dinner)

1 chicken
1 piece ham
4 pork sausages
1 small head cabbage, quartered
1 bunch green beans
2 small carrots
2 camotes
3 tbsp. oil
2 cloves crushed garlic
1 onion, chopped
1 c. chopped tomatoes
1 tbsp. vinegar
1 tsp. sugar
Salt and pepper

Boil chicken, ham and sausages in salted water; simmer until tender. Remove chicken, ham, and sausages from stock and place in serving platter. Boil vegetables in chicken stock and when cooked, arrange around chicken. Make a sauce of remaining ingredients, seasoning well. Pour sauce over the chicken and vegetables.

Beef may be used instead of chicken.

COCO-CHICKEN

1 chicken, cut in small pieces
Salt and pepper
1 large onion, minced
1 large coconut

Add 1½ c. water to coconut and extract the milk. Mix with other ingredients. Simmer until chicken is tender and sauce is formed, but do not wait until oil comes out.

A man went to a restaurant and ordered chicken. When he took the first bite, he roared, "Waiter, is this incubator chicken"? The waiter looked puzzled, but before he could explain, the customer said, "No chicken with a mother could be so tough".

Honestly, no one enjoys chicken that is tough. And in order to bring out the best flavor in a chicken, it must be tender and juicy.

ROAST CHICKEN

2 spring chickens
4 tbsp. soy
4 tbsp. soy
Lemon juice and margarine

Clean chicken well. Prick all over with fork and marinate in seasonings.

Wrap in 4 thicknesses of wilted banana leaves, tie well to prevent juice and steam from escaping. Roast over charcoal. (Aluminum fail may be used instead of banana leaves).

Remove from wrapping. Brush with lard and brown all over. Serve with soy and calamansi.

CHICKEN BARBECUE

2 fryers
Lemon juice, salt and pepper
4 cloves pounded garlic
1 tbsp. olive oil

Marinate split chickens in seasonings. Broil over charcoal, brushing skin every now and then with lard. Cook until brown. Serve with:

BARBECUE SAUCE

4 tbsp. guava jelly
4 tbsp. peanut butter
2 cloves crushed garlic
1/2 tsp. pounded ginger
1/2 c. water
1 tsp. cornstarch
Soy

Boil mixture until thickened.

INDONESIAN SATE

1/2 kilo pork loin
1/2 kilo pork liver
2 chicken breasts
4 tbsp. salad oil
1 onion cut fine
1 tsp. pounded ginger
Soy and calamansi juice
1 tbsp. brown sugar
Ground black pepper

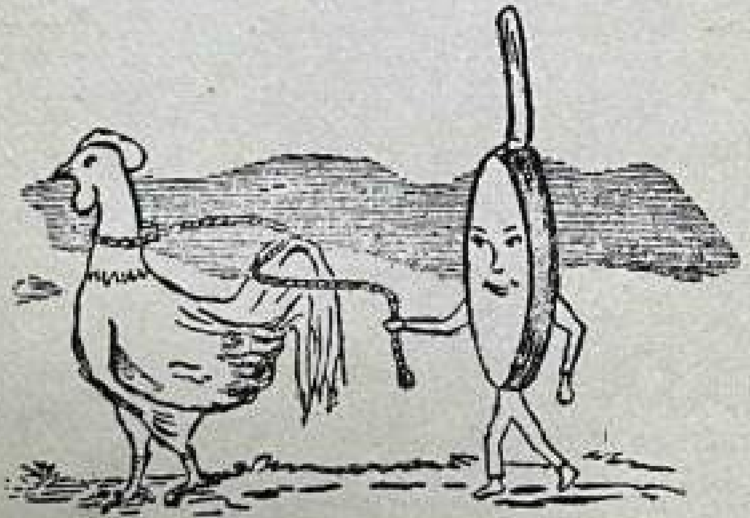
Cut pork and liver into 1 inch cubes. Combine with other ingredients and let stand in refrigerator overnight.

Arrange alternate slices of pork, liver and chicken on skewers. Broil over charcoal, brushing with Barbecue Sauce while broiling.

BARRIO BARBECUE

1 k. pork, in pieces
1 chicken, in pieces
1 c. ripe sab-a bananas, sliced
1 c. pineapple chunks
1/2 c. oil
Pounded garlic
1 tbsp. soy
2 tbsp. brown sugar
Calamansi juice
Salt and pepper

Combine ingredients and marinate. Arrange on skewers and broil over charcoal, brushing with Barbecue Sauce while broiling.



FRIED CHICKEN

2 fryers
Soy, lemon juice and pepper
Evaporated milk
Flour

Cut chicken into pieces for serving. Marinate in seasonings for a few hours. Dip in milk, then in flour. Fry in deep hot fat until golden brown.

HONEY CHICKEN

Follow recipe for Fried Chicken. After marinating chicken, drain. Brush with honey and allow to dry for a few minutes. Dip in milk, then in flour. Fry in deep hot fat until golden brown.

CHICKEN LIVERS BELINDA

12 chicken livers
4 tbsp. vermouth
2 cloves pounded garlic
Salt and pepper
Juice of 2 calamansi
4 tbsp. oil

Marinate livers in seasonings. Heat oil; add chicken livers together with the marinade. Turn livers frequently until cooked and sauce has thickened.

STUFFED CHICKEN WINGS

12 chicken wings
Bamboo shoot, cut in strips
Cooked ham, cut in strips
Dried mushrooms, soaked and cut in strips
1 egg
2 tbsp. flour
1 c. chicken stock
Soy
Cornstarch to thicken

Boil chicken wings until tender. Drain and cool. Carefully remove bones from wings. Stuff each wing with bamboo shoot, ham and mushroom. Make a batter of egg, flour and a little water. Dip stuffed wings into batter and fry in hot fat until brown.

Make a sauce of chicken stock, soy and cornstarch. Season and pour over stuffed fried wings.

From a Longfellow poem comes this line — "into each life some rain must fall". But my brother who is a wit says, "into each life some fool must reign". If this should run true, especially with a husband who is always out with the gang, my dear woman, there is a slim hope for happiness.

However, try to humor the "little fool" by cooking his favorite dishes.

"GOLDEN NUGGET" CHICKEN

6 small chicken breasts
Salt and pepper
4 tbsp. melted butter
1/2 c. orange juice
1 c. water
Grated orange rind
4 tsp. brown sugar
Cornstarch to thicken
1/2 c. toasted kasuy nuts

Season chicken breasts with salt and pepper. Brown lightly in a little oil.

Place chicken breasts in a saucepan. Add butter, juice, water, rind and sugar. Simmer gently until breasts are tender. Thicken sauce with cornstarch.

Serve breasts in a shallow casserole with the kasuy nuts sprinkled on top.

ELDORADO CHICKEN ROLLS ✓

Chicken breasts, boned and pounded thin
Salt and pepper
chopped onion
Chopped ham
Cheese strips

Season chicken breasts, sprinkle with onions and ham. Lay a strip of cheese on each and roll. Wrap in pieces of foil and steam or bake.

Remove from foil, dip in beaten egg roll in fine breadcrumbs. Fry in hot fat until golden brown.

Pork may be used instead of chicken breasts.

STUFFED CHICKEN BREASTS

6 young chicken breasts, boned and pounded
Salt and pepper
1 c. fine soft breadcrumbs
2 eggs, beaten
1 c. flaked crab meat
minced green onions
1 tsp. mustard
Calamansi juice
4 tbsp. milk
Chicken stock

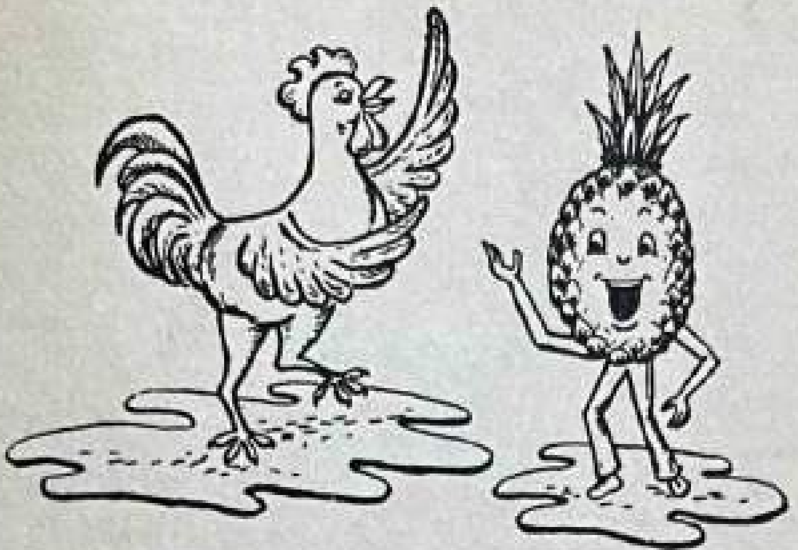
Season chicken breasts with salt and pepper. Mix other ingredients and use as filling for chicken breasts. Roll.

Wrap in pieces of aluminum foil (well greased) and broil over charcoal.

CHICKEN IN FOIL

2 fryers
2 bouillon cubes, crushed
2 large onions, sliced and fried
4 tbsp. butter
Salt and pepper
Parika
1/2 c. evaporated milk
1/2 c. cream of mushroom soup
8 button mushrooms, sliced

Cut chicken into serving pieces. Season, then brown lightly in a little oil. Put bouillon cubes in small bowl, add onions and a little paprika. Take 8 squares double layers of aluminum foil. Divide chicken into 8 portions and place each portion on aluminum foil. Place one spoonful of onion mixture under each serving of chicken, and remaining onion mixture over them. Combine milk, soup and mushrooms, divide equally among 8 portions. Bring foil up over food and seal edges turning them up so juices will not run out. Bake in a moderate oven for about 1 hour.

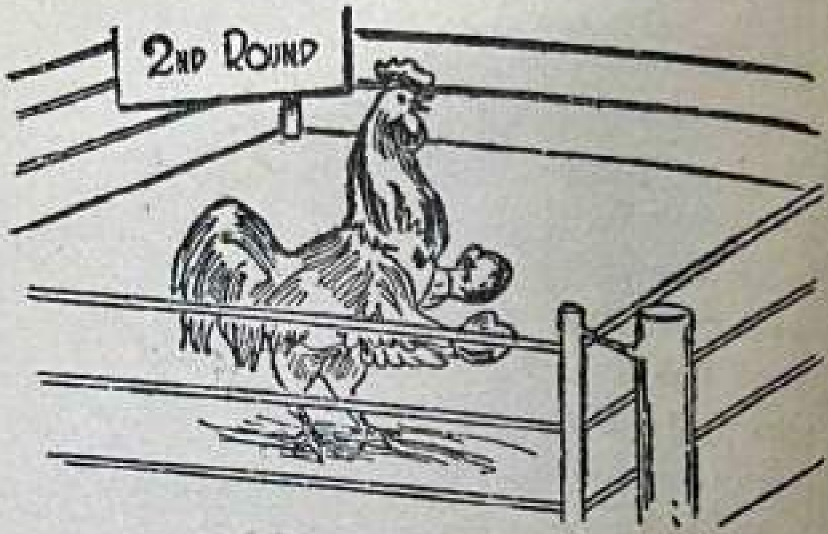


PINEAPPLE CHICKEN

1 chicken, cut in pieces
1 c. pineapple chunks
6 dried mushrooms, soaked and sliced
1/2 c. sliced bamboo shoots
1/2 c. sliced water chestnuts
Ginger, chopped fine
1 tbsp. lemon juice
1 tsp. sugar
2 c. water
Cornstarch to thicken

Fry chicken in a little oil. Add other ingredients Thicken gravy with cornstarch. Add pineapple last.

Serve hot.



CHICKEN IN A RING

2 tbsp. butter
1 tbsp. flour
1 c. milk
1 c. chicken stock
1 c cooked diced chicken
Salt and pepper

Melt butter, add flour and seasonings. Add milk and chicken stock slowly, stirring constantly until mixture is thickened. Add chicken, heat thoroughly.

Serve creamed chicken inside a rice ring.

CHICKEN WITH KASUY

2 chicken breasts, diced
1 egg
Salt and pepper
1 tbsp. salad oil
1 tbsp. sugar
1 tbsp. cornstarch
3 tbsp. lard
1 small celery, sliced
6 dried mushrooms, soaked and sliced
½ c. toasted kasuy nuts

Break the egg into chicken meat. Add seasonings, salad oil, sugar and cornstarch. Mix well.

Heat lard in frying pan. Fry chicken mixture quickly. Add celery and mushrooms and a little chicken stock. Cook for a few minutes, season with soy. Thicken sauce with cornstarch. Add kasuy.

CHICKEN IN A GARDEN

1 c. dried lily flower
1 c. mushrooms
1 chicken cut in pieces
Ginger
4 tbsp. Chinese rice wine
Soy
Cornstarch

Season chicken and fry in a little oil. Add water to barely cover and wine. Put into a pot, add lily flower and ginger. Cover and simmer until chicken is tender. Add mushrooms and finish cooking. Season with soy, thicken sauce with constarch.

In a certain New York apartment a group of Filipino students gathered one evening to relieve their nostalgia for rice and adobo. As they sat down to begin supper, there came a knock. The hostess opened the door and to everyone's surprise, they saw a big Irish policeman, with the badge of authority written all over his six feet two. He came to investigate, because the whole neighborhood complained that a very strange smell was coming from the Filipinos' apartment. The students explained that they were merely having a feast of rice and adobo, and invited the policeman to join them. Few minutes later, leaving the apartment to be on his beat again, O'Brien, the policeman, came across those neighbors who had asked him to do the investigation. With a merry twinkle in his blue eyes, he addressed them, "My friends, the next time you smell that funny odor again, don't forget to call me".

BAYANIHAN ADOBO
(Pork and Chicken)

1 chicken, cut in pieces
1/2 kilo pork, cut in pieces
1/2 head garlic
1/2 c. vinegar
1 c. water
3 tbsp. soy
6 peppercorn
2 c. thick coconut milk

Combine first 7 ingredients and bring to a boil. Simmer until chicken and pork are tender. Add coconut milk and cook for a few minutes more.

For ordinary Adobo, omit coconut milk. Add ½ c. oil.

SQUAB ADOBO .... Use squabs in above recipe.
QUAIL ADOBO .... Use quails in above recipe.

MEXICAN CHICKEN MOLE

1 chicken cut in pieces

1/2 bay leaf

Salt and pepper

4 cloves crushed garlic

1 onion, minced

4 tbsp. pounded roasted rice

4 tbsp. pounded roasted peanuts

In a little oil brown the chicken. Transfer chicken to a saucepan, add bay leaf, seasonings and enough water. Simmer until chicken is tender.

Saute garlic and onion in a little oil. Add chicken and stock, boil for a few minutes. Thicken sauce with rice and peanuts.

Our grandmother used to say that the hardest thing to accomplish is to smuggle the dawn past a rooster. To crow at dawn is its duty, habit, and perhaps joy. From a magazine comes this clipping:

LESSONS FROM ROOSTER

You can improve your leadership ability if you follow the example of the rooster.

1. *He rises early and immediately begins his God-given task.*
2. *He doesn't refuse to crow because he cannot sing like a canary.*
3. *He does his work without seeking praise.*
4. *He proclaims good news: the arrival of a new day with its privileges and responsibilities.*
5. *He is dependable.*
6. *He is persistent.*
7. *He never complains about having to do the same common tasks.*
8. *He doesn't worry about compensation or recognition.*

Now, tell me, don't you feel a bit sad seeing this fowl on your dinner table?

ASADO DE CARAJAY

1 large chicken, whole
1/2 c. oil
1 head garlic
2 large onions
1/2 bay leaf
6 peppercorns
2 tbsp. vinegar
1 tbsp. soy
2 chicken livers, chopped fine

Fry chicken in hot oil, turning on all sides to brown well. Transfer chicken to a carajay; add rest of ingredients and enough water to cook chicken. Simmer gently until chicken is tender. Remove chicken to a plate.

Mash garlic, onions, and livers in sauce. Thicken with a little flour. Return chicken to carajay, turn on all sides so that it will be smothered with the sauce.

1 small can liver paste may be used instead of chicken livers.

QUICK CHICKEN PIE

1 can cream of chicken soup
1 c. water
1½ c. cooked diced chicken
1 c. boiled potato cubes
1/2 c. boiled carrot cubes
1 small can peas
1 tbsp. flour
Salt and pepper

Combine ingredients and cook until well heated. Pour mixture into a pie plate or shallow casserole. Cover top with pastry, brush with beaten egg and bake in a hot oven.

TAMALES

2 c. roasted rice, soaked in 1½ c. water and then ground

1/2 c. brown sugar

1 c. rich coconut milk

4 c. thin coconut milk from 2 coconuts

2 hard boiled eggs

1/2 kilo pork, boiled

2 sliced boiled ham

1 boiled chicken breast

Achuete

Salt and pepper

1 c. chopped roasted peanuts

Mix the rice, thin coconut milk, sugar and seasonings. Cook until smooth and thick, stirring constantly. Add the rich coconut milk and stir well, then add peanuts. Remove from fire, add the achuete.

Put spoonfuls of cooked rice mixture on double thicknesses of wilted banana leaves. Pat pieces of egg, pork, ham and chicken on rice; wrap into squares. Tie around the sides with strips of banana leaves.

Boil water in a kettle and drop the tamales into it. Cover and boil for half an hour. Transfer cooked tamales into a wicker tray and allow to cool before serving.

CHICKEN PIE

1 chicken cut in pieces
1/2 bay leaf
6 green onions
Salt and pepper
2 potatoes, cut in cubes
1 carrot, cut in cubes
1 c. sliced celery
2 tbsp. butter
2 tbsp. flour
Grated cheese
Plain Pastry

Cover chicken with boiling water, add onions and seasonings and simmer until tender. Add vegetables and finish cooking. Thicken stock with butter, flour and grated cheese. Pour chicken and vegetables into a pie plate. Cover with pastry, brush top with beaten egg and bake in a hot oven.

CHICKEN PARISIENNE

1 chicken cut in pieces
4 tbsp. olive oil
1 minced onion
1/2 can tomato sauce
2 tbsp. wine
1/2 c. diced ham
2 potatoes cut in cubes
1/2 c. green olives

Dredge thicken with flour and brown in oil. Saute onion and tomato sauce in olive oil. Add chicken, ham, wine, seasonings and enough water to cook chicken. Simmer gently, and when chicken is tender, add potatoes and finish cooking. Add olives last.

"QUIERO VIVIR"

SPANISH CHICKEN PIE

(Pastel de Pollo)

1	chicken cut in pieces
4	tbsp. olive oil
1	onion, minced
1/2	can tomato sauce
1	Bilbao sausage in rings
2	potatoes in cubes
1	pimiento, sliced
8	button mushrooms

Green olives
Plain Pastry

Dredge chicken with flour and brown in oil. Place chicken in kettle, add water and seasonings. Simmer until chicken is tender. Add the other ingredients and finish cooking.

Proceed like Chicken Pie.

History tells us of the power and conquests of the great Napoleon, his wonderful memory and his victories in many lands.

Long before his Waterloo, it is told that one day, Napoleon's troops won a battle in a place called Marengo. The victory was great and therefore called for a celebration, but to the cook's dismay, the carriages that were carrying the food supplies were blocked in a remote sector. Fortunately, going around the devastated village, the cook found 2 chickens, a bottle of wine, olive oil and a few mushrooms. That was the supreme test of the cook's ingenuity — and a well rewarded effort as well, for at supper, the great Napoleon summoned the cook and pinned on him the biggest medal of merit.

The Emperor's victory and the cook's culinary triumph are recorded in this famous recipe of:

CHICKEN MARENGO

1	chicken, fried
4	cloves pounded garlic
1/2	can tomato sauce
2	tbsp. olive oil
1/2	c. white wine
1	tbsp. flour
1	c. sliced mushrooms

Saute garlic, onion and tomato sauce in olive oil. Add chicken and wine; cook for a few minutes. Add water to barely cover and simmer until chicken is tender. Add mushrooms and cook until done. Season with salt and pepper, thicken sauce with flour.

FIESTA CASSEROLE

1 small chicken, browned in oil
1 c. diced pork, browned in oil
1 head garlic, pounded
1 can tomato sauce
1/2 c. olive oil
2 c. white beans, half-boiled
6 fried chicken livers
1/2 c. diced ham
Salt and pepper

Cook garlic and tomato sauce in olive oil. Combine with other ingredients and place in a kettle. Add enough water to cover, simmer gently until chicken and beans are tender.

Serve in a casserole.

MANGO CHUTNEY

1 kilo brown sugar
1 c. water
12 green mangoes, sliced
4 green hot peppers, whole
1 piece ginger, sliced
2 small boxes raisins

Boil water and brown sugar. Add mangoes, peppers and ginger. Cover pan and cook WITHOUT STIRRING until mangoes are clear and transparent. Add raisins and cook for a few minutes more. Remove from fire. Leave overnight. Boil again until thick. Pour into sterilized jars and seal.

CHICKEN CURRY

1 chicken cut in pieces
4 cloves crushed garlic
1 onion, minced
2 chopped tomatoes
1 tsp. curry
Salt
1½ c. thick coconut milk

Season chicken and cook in a little oil until brown Place in saucepan, add enough water and simmer until tender. In a little oil saute garlic, onion and tomatoes. Add curry, and after a few minutes, add chicken. Add coconut milk. Heat but do not boil. Serve with Mango Chutney.

CURRY ACCOMPANIMENTS

Boiled rice
Boiled string beans
Fried bananas
Fried bacon
Grated coconut
Tamarindo
Salted peanuts
Sliced tomatoes

CHICKEN IN A COCONUT

Select a large coconut, take away the husk and clean. Saw off coconut top, then take out meat by grating.

Half-fill coconut with hot boiled rice, place Chicken Curry over it, sprinkle with grated coconut.

Place coconut top on and serve at once.

CHICKEN RELLENO

1 chicken, boned
Salt and calamansi juice
1/4 kilo ground pork
1 can Vienna Sausage, mashed
2 tbsp. chopped pickles
4 green onions, cut fine
4 tbsp. raisins
1 tbsp. margarine
2 eggs, raw
2 tbsp. grated cheese
2 tbsp. green peas
Salt and pepper
2 hard boiled eggs

Marinate boned chicken in salt and calamansi juice.

Combine other ingredients and use to stuff the chicken, arranging hard boiled eggs in filling. Sew opening at the back of chicken.

Make stock of chicken bones and water. Boil stuffed chicken in stock until tender, then brown all over in a little fat.

Slice to serve.

I have a friend who said that two people playing poker are like two people in love. It starts with a pair, the woman shows a heart; the man wins it with a diamond; and later they end up with a full house.

My mentioning about poker is not that I have an interest in the game. I have an auntie whose house was once the den of poker players. Perhaps because the poker players were mostly gourmets who loved good food, my auntie and I had to dig up our cook books and overtax our imaginations in order to satisfy the ravenous hunger of the winning party or the jaded appetite of the poor loser.

The following was a perennial favorite:

CHICKEN GALANTINA

1 big chicken
1/2 kilo ground pork
2 Oxford sausages
3 tbsp. chopped pickles
3 raw eggs
1 tbsp. flour
Salt and pepper
3 hard boiled eggs

Bone chicken. Sprinkle inside with salt and calamansi juice.

Combine the other ingredients and use to stuff chicken, arranging hard boiled eggs in the filling. Sew opening at back of chicken, wrap in a piece of cheesecloth, binding well with a string.

Boil chicken bones with water to get stock. Simmer stuffed chicken gently in stock until tender. Cool. Let stand in refrigerator until well chilled. Slice thin to serve.

At a party we had once, my uncle was being congratulated by a friend. "Steve", he said, "your wife made a very amusing speech at the club meeting". "I'm not a bit surprised", my uncle whispered, "She has been speaker of our house for the last 10 years".

But believe me, that is not the only achievement of my auntie. She dances gracefully and can cook ducks and pigeons to perfection.

BRAISED SQUABS

4 squabs
Lemon juice, salt and pepper
1 tbsp. wine
2 tbsp. oil
2 onions, minced
1 bay leaf
1 slice bacon, in pieces
Broth
1 small can peas

Marinate squabs in seasonings and wine. Dredge with flour and fry until brown.

Saute the onions in oil. Add bay leaf, bacon, squabs, and enough broth to cover. Simmer gently. Few minutes before serving, add peas.

Quails may be cooked in the same way.

SQUAB PIE

Follow recipe and instructions for Braised Squabs Place in a pie plate, cover top with pastry. Brush top with beaten egg and bake in a hot oven.

STEWED DUCK

1 duck, in pieces
3 onions
1/2 c. brandy
1/2 c. lard
2 tbsp. olive oil
2 bay leaves
Parsley
4 cloves garlic
1 c. mushrooms
Salt and pepper

Marinate duck in onions and brandy for a few hours.

In lard and oil, brown duck. Add marinade, garlic, parsley and seasonings. Add enough water to cover and simmer until tender. Add mushrooms and finish cooking.

BRAISED DUCK

1 duck
4 tbsp. oil
4 tbsp. tomato sauce
2 tbsp. flour
1½ c. water
1 c. orange juice
Grated orange rind
1/2 c. red wine
1 tbsp. jelly
1 bay leaf
Salt and pepper

Season duck with salt and pepper, then brown in hot oil. Place duck in kettle; and remaining ingredients. Simmer until duck is tender.

CHINESE DUCK STEW
(PATO TIM)

1 duck, whole
2 onions
1 bay leaf
1/2 tsp. black pepper
Salt
1 head garlic, pounded
4 tbsp. lard
2 tbsp. soy
2 tbsp. vinegar
1 tbsp. sugar
8 dried mushrooms
1 can asparagus
2 c. duck broth

Boil duck with onions, bay leaf, black pepper and salt until tender.

Heat lard; saute the garlic, then add duck broth, soy, vinegar, sugar, mushrooms, liquid from asparagus, and duck. Simmer for 15 minutes. Thicken gravy with a little flour. Add asparagus. Serve hot.

STUFFED DUCK IN ORANGE SAUCE

1 duck
Lemon juice, salt and pepper
2 tbsp. brandy

Stuffing—

1 c. boiled rice
1/2 c. chopped celery
1 onion, minced
2 tbsp. butter
Duck giblets, chopped
Salt and pepper

Sauce—

4 tbsp. butter
1 c. red wine
1 c. orange juice
Grated orange rind

Marinate duck in seasonings and brandy.

Stuff duck with stuffing mixture.

Bake duck in oven, basting frequently with orange sauce mixture.

A young matron greeted her husband on the front porch and said, "Darling, let's kill the turkey for tomorrow is our wedding anniversary". The husband very well knew that their marriage was not a successful and happy one, so he answered. "Vicky, let the poor animal live; it has nothing to do with our marriage."

But whether or not the occasion is worth the celebration, a turkey spells class in any language, and its appearance on the dinner table is something to crow about.

ROAST TURKEY

1 8-lb. turkey
3 tbsp. lemon juice
1/2 c. sherry
Salt and pepper
2 c. soft breadcrumbs
4 tbsp. butter
1 onion, minced
1/2 c. minced celery
1 c. sausage meat
Milk to moisten

After dressing the turkey hang for a few hours, then marinate in seasoning and sherry.

Prepare the stuffing by cooking onion and celery in butter. Add breadcrumbs, sausage meat, seasonings and milk. Shake down stuffing into the turkey.

Lay turkey in a roaster. Add about 2 c. water, 4 tbsp. butter, and 1 quartered onion. Cover the roaster and bake turkey in a moderate oven, basting occasionally with the liquid in pan. When turkey is tender, remove cover. Spread with more butter, and brown.

For gravy, take the liquid left in pan, thicken with flour. Serve turkey with gravy, asparagus, mashed potato and cranberry sauce.

TURKEY CRUNCH

4 tagaktak
2 tbsp. butter
2 tbsp. flour
1 c. milk
1½ c. stock
Salt and pepper
1 c. cooked turkey in cubes

Melt butter, blend in flour. Add milk and stock slowly, stirring constantly. Season with salt and pepper. Cook until thickened. Add turkey.

Spoon creamed turkey over tagaktak placed on 4 individual plates. Serve at once.

Chicken may be used instead of turkey.

BREAD STUFFING

3 c. bread, in pieces
1/2 c. melted butter
4 tbsp. minced onion
1 tbsp. poultry seasoning
Salt and pepper

Toss ingredients together.

Stuffing is sufficient for a 6-lb. fowl

VARIATIONS:

Celery Bread Stuffing	Add 1 c. chopped celery
Giblet Bread Stuffing	Add 1 c. chopped giblets
Mushroom Stuffing	Add 1 c. chopped mushrooms, sauteed in little oil.
Oyster Stuffing	Add 1 c. chopped oysters, sauteed in little oil
Raisin Stuffing	Add 1 small box raisins
Sausage Stuffing	Add 1 c. sausage meat
Apple Stuffing	Add 1 c. chopped apples

RICE STUFFING
(For Game)

2 c. cooked rice
1 c. fresh sliced mushrooms
2 tbsp. melted fat
2 eggs, beaten
Salt and pepper

Saute mushrooms in a little oil, combine with other ingredients.

SWEET AND SOUR RABBIT

1 rabbit
1 c. vinegar
1 c. water
1/2 can tomato sauce
2 large onions
1 bay leaf
Salt and pepper
4 tbsp. brown sugar
Chopped olives

Place all ingredients in an earthen pot. Simmer until rabbit is tender.

For a delicate flavor, add a "suspicion" of garlic.

RABBIT FRICASSEE

1 rabbit
2 tbsp. flour
Salt and pepper
4 tbsp. tomato sauce
1 lemon

Cut rabbit in pieces, wash well, rub with salt and pepper, and brown in a little oil. Sprinkle with flour, add tomato sauce and a little lemon juice. Add enough water to barely cover, and bring to a boil. Add sliced lemon and simmer gently until rabbit is tender.

RABBIT PIE

Follow recipe and instructions for Rabbit Fricassee. Place rabbit in pie plate. Cover top with pastry, brush with beaten egg and bake in a hot oven.

LAKAMBINI RABBIT

1 hare, cut in pieces
2 onions
2 tbsp. flour
Paprika
Salt and pepper
1/2 c. vinegar
1 bay leaf
1 tbsp. brown sugar

Rub hare with salt and pepper; brown in a little oil.

Remove from fire place and in a native pot.

Fry sliced onions in a little oil. Combine with other ingredients and add to hare. Add water to cover and simmer until hare is tender. Serve in pot where it was cooked.

FRUIT AND NUT STUFFING
(For Goose)

3 c. cut bread
1 c. chopped apples
1/2 c. chopped cooked prunes
1/2 c. chopped nuts
1/2 c. melted fat
1 tbsp. lemon juice
Salt and pepper

Mix ingredients and toss lightly.

CALLOS A LA MADRILEÑA

1 ox tail
2 ox feet
4 tbsp. olive oil
Garlic, onion, tomato sauce
3 potatoes
1 c. boiled garbanzos
1 Bilbao sausage
1 Pimientos, sliced
Green olives
Salt and pepper

Boil ox tail and ox feet until tender; cut in pieces. Saute garlic, onion, and tomato sauce in olive oil. Add meat, sausage, potatoes, garbanzos and seasonings. Add broth or water and simmer for a few minutes. And pimientos and when these are cooked, add olives. Thicken sauce with fine breadcrumbs.

KARI-KARI

1 ox tail, boiled until tender
4 tbsp. lard
3 cloves crushed garlic
4 green onions
2 chopped tomatoes
1 bundle string beans
1 banana bud, quartered
4 eggplants, sliced
Achuete
2 tbsp. powdered toasted rice
4 tbsp. roasted peanuts, pounded

Cut ox tail in pieces.

Saute garlic, onions and tomatoes in lard. Add achuete, green beans, banana bud, and some broth or water. Simmer until vegetables are cooked. Add ox tail and eggplants and cook for a few minutes more. Thicken sauce with toasted rice and peanuts.

Serve with bagoong sauteed in a little lard, green onions and tomatoes.

Peanut butter may be substituted for peanuts.

AGOS-OS
(Pork and Camote Scramble)

Pork belly
2 c. white camote, boiled and mashed
Salt
4 tbsp. white vinegar (about)

Boil pork belly until just tender. Cool and cut in pieces. Mash camote until fine and free from lumps. Combine mashed camote, pork and salt to taste. Add vinegar, little by little until the desired sourness is reached.

Best when one or two days old.

CALDERETA

2 kilos goat's meat
1/2 c. olive oil
1 head garlic
1 can tomato sauce
Paprika
1/2 c. white wine
2 onions, sliced
Sprig of oregano
6 potatoes
1 can pimientos
1 small can peas
Salt and pepper

Clean goat's meat well after cutting into serving pieces. Rub with salt and brown in hot fat. Heat olive oil; saute garlic and when brown, add tomato sauce and paprika. Add meat and wine; cook for a few minutes. Add onions, oregano and water to cover. Simmer until meat is quite tender. Add potatoes and finish cooking. Season well, add pimientos and peas.

COCIDO

(Spanish Boiled Dinner)

2 kilos beef with bones
1 piece ham
1 Bilbao sausage
1 piece pork
½ chicken
2 onions
Salt and pepper
1 small head cabbage
4 potatoes
4 small carrots
Green beans
1 c. boiled garbanzos

To boiling water in a kettle add first 7 ingredients Skim well to remove scum. Simmer gently until meat is tender. Add quartered cabbage and other vegetables and cook until done. Place meat, chicken and vegetables in a large platter. Pour well seasoned tomato sauce over the whole.

CHAPTER V

EGGS

and

VEGETABLE DISHES

40 Choice Recipes

THE AMAZING MRS. HEN

The Chinese cooks glamourize their ducks; the Americans adore turkey roast; the Belgians love rabbits in a stew; but considering its fine and delicate taste, I take off my hat to Mrs. Hen.

Aside from its importance in the line of poultry, the hen gives us her eggs with its hundred and one uses. Although her eggs are not like "the golden ones laid by the goose", no weight in gold can buy the delight we all get from Mrs. Hen's patented product.

PLAIN OMELET

4 eggs
4 tbsp. milk
Salt and pepper

Beat eggs well. Add milk and seasonings. Heat a little fat in a frying pan. Turn the eggs into the pan and as the mixture cooks on the bottom and sides, lift center of omelet with a spatula so that uncooked egg will run to the sides. While eggs are still soft, fold over, and serve hot.

VARIATIONS

Potato Omelet	Scatter cooked potato strips over omelet before folding.
Vegetable Omelet	Add leftover cooked vegetables before folding omelet.
Cheese Omelet	Sprinkle grated cheese over omelet before folding.
Fish Omelet	Use cooked fish for filling.
Chicken Omelet	Use leftover cooked chicken for filling.
Ham Omelet	Scatter diced ham over Omelet while it is cooking.
Onion Omelet	Add fried sliced onions to omelet.
Jelly Omelet	Spread jelly over omelet before folding. Sprinkle with sugar.

HALF MOON OVER THE PASIG

Follow recipe and instructions for Plain Omelet, but instead of salt and pepper, add 1 tsp. sugar. Spread mango jam over omelet, sprinkle with native white cheese and fold. Serve in syrup.

4-ACES OMELET

Make 4 kinds of omelet. Take your choice as long as they are different and their taste compliment one another. Put them together like a layer cake, with your favorite sauce between. Serve cold or piping hot. It looks beautiful and tastes delicious with every bite.

CRAB OMELET

3 cloves crushed garlic
4 green onions
2 tomatoes, chopped
1 c. flaked boiled crab meat
Salt and pepper
3 eggs

In a little oil saute the garlic, onions and tomatoes. Add crab meat, season, and cook. Beat eggs until light and foamy. Fold crab mixture into eggs and cook like an ordinary omelet.

½ c. boiled potato cubes may be added.

EGG FOO YUNG

3 eggs
½ onion, minced
Salt and pepper
left-over meat, chopped
1 c. cooked mongo sprouts

Beat eggs well. Add rest of ingredients. On griddle with a little hot fat, ladle about ½ cup of mixture for each omelet. When cooked on bottom, turn and brown other side. Serve hot with gravy made by combining:

Chicken broth (about 1 c.)
1 tsp. cornstarch
1 tsp. soy
½ tsp. sugar

Cook over medium heat until thickened, stirring continually.

SHIRRED EGGS

4 tbsp. oil
2 tbsp. diced ham
1 onion, chopped
2 tomatoes, chopped
½ c. boiled string beans
1 c. fried cubed potatoes
Little stock
Salt and pepper
4 eggs

In oil cook onion, tomatoes, ham and vegetables. Add little stock; season with salt and pepper. Place the mixture in a fireproof platter. Break eggs over this and bake till the eggs are set. Garnish with pimientos.

CURRIED EGGS

6 hard boiled eggs
2 tbsp. oil
Garlic, onion, tomatoes
½ tsp. curry
1 c. thick coconut milk
Salt

Arrange halved eggs on serving plate. Make a curry sauce of other ingredients. Pour sauce over eggs.

EGG AND SHRIMPS CASSEROLE

6 hard boiled eggs
2 c. cooked shrimps
1 c. cooked potato cubes
2 c. Thin White Sauce
Buttered crumbs

Combine halved eggs, shrimps, potato and white sauce. Place in a casserole. Sprinkle top with buttered crumbs and bake in a hot oven.

PICKLED EGGS

12 eggs, hard boiled
2 c. vinegar
Salt
½ c. sugar
2 onions, sliced
4 green pepper, sliced
4 pimientos, sliced
1 red hot pepper

Shell the eggs. Heat vinegar with the rest of the ingredients. Put the eggs in a glass jar and pour the boiling vinegar over them. Cover and let stand for week before using.

Quail eggs may be used.

SALTED DUCKS' EGGS

Fresh duck's or chicken eggs
3 c. water
1 c. salt

Boil water with salt. Strain and cool.

Place eggs in glass container. Pour cooled brine over eggs to cover completely. Put some weight over eggs so they will be immersed and not float to the surface. Cover the container with cheesecloth.

Soak eggs for about 2 weeks. If you want the eggs to be more salty and oily, soak longer.

Remove eggs from brine, rinse, and boil until hard.

Another method is to mix soil from the anthill with salt and water to get a "muddy" consistency. Wrap the eggs with this mixture one by one; pack in a box lined with straw. Set aside for 2-3 weeks.

Wash well, then boil hard.

WHITE SAUCE
(Basic Recipe)

Thin White Sauce:

For cream soups and vegetable casserole dishes.

1 tbsp. butter
1 tbsp. flour
1 c. milk
Salt and pepper

Medium White Sauce:

For creamed dishes, sauces and gravies.

2 tbsp. butter
2 tbsp. flour
1 c. milk
Salt and pepper

Melt butter over slow fire; add flour and blend well. Add milk slowly while stirring continually until thickened. Add seasonings.

VEGETARIAN'S DELIGHT

1 head cabbage
1 c. medium White Sauce
½ c. grated cheese

Cut cabbage into quarters. Boil in salted water until tender. Drain. Place in a shallow baking dish, cover with white sauce; sprinkle with cheese, and then brown in a very hot oven.

Cauliflower and asparagus may be cooked in the same way.

RAINBOW VEGETABLE MEDLEY

1 c. shredded boiled cabbage
1 c. shredded boiled carrots
1 c. shredded sinkamas
1 c. boiled mongo sprouts
1 c. boiled green beans, in strips
Medium White Sauce

Combine vegetables. Toss with sauce. Garnish with boiled egg and sliced red tomatoes.

CAULIFLOWER IN CASSEROLE

1 c. boiled potatoes, sliced thin
2 c. boiled cauliflower
½ c. cooked chicken
4 tbsp. cooked ham
2 tbsp. butter
2 tbsp. flour
2 c. milk
1 c. chicken stock
Salt and pepper

Melt butter; add flour, stir until smooth, then add milk and chicken stock slowly. Season. Arrange ½ of potatoes, cauliflower, chicken and ham in a greased casserole. Pour ½ of white sauce. Repeat. Cover top with buttered breadcrumbs, sprinkle with grated cheese and brown in the oven.

"CRESTA OLA" CAULIFLOWER

1 small cauliflower
2 tbsp. oil
1 onion minced
½ c. tomato sauce
Salt and pepper
Worcestershire sauce
1 c. chopped shrimps
1 c. water
1/2 c. grated cheese

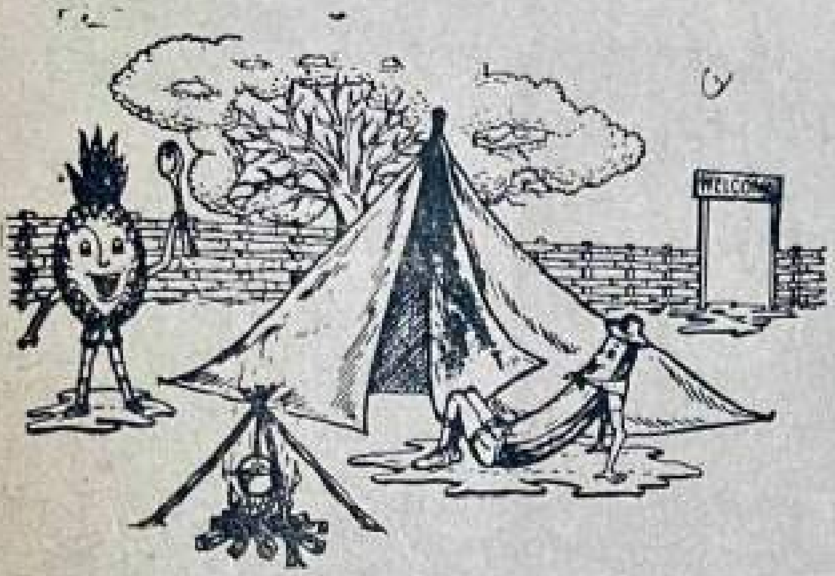
Boil cauliflower whole until just tender.

In oil, saute onion and tomato sauce. Add shrimps seasonings and water. Simmer until shrimps are done. Add grated cheese. Pour sauce over cauliflower.

BANANAS IN HAM JACKETS

4 sliced boiled ham
Mustard
4 ripe lakatan bananas
Medium White Sauce
Grated cheese

Spread each slice of ham lightly with mustard. Peel bananas. Wrap a slice of the prepared ham around each banana. Place in a greased shallow baking dish, pour white sauce over them. Sprinkle with grated cheese and bake in moderate oven.



BANANA HAM-BOREE

- 8 ripe lakatan bananas
- 8 slices cooked ham
- 1 small can pineapple chunks and syrup
- 2 tbsp. mustard
- 2 tbsp. jelly

Wrap ham around bananas, fasten with toothpicks. Place ham rolls in skillet, add remaining ingredients. Simmer gently until bananas are done.

Thicken sauce with cornstarch dissolved in cold water.

STUFFED GABI LEAVES

1 c. chopped pork
1 c. chopped shrimps
4 green onions
Salt
Gabi leaves
1 c. thin coconut milk
1 c. rich coconut milk
1 red hot pepper

Combine pork, shrimps, onions, and salt. Wrap this mixture by spoonfuls in gabi leaves which had been wilted under the sun. Arrange stuffed gabi leaves in a native pot; add thin coconut milk. Simmer over low heat taking care that it does not burn. When almost done, add rich coconut milk and hot pepper. Cook until sauce has thickened.

1 tbsp. bagoong may be added to filling.

STUFFED AMARGOSO

1 large amargoso
½ c. ground pork
4 tbsp. chopped raw shrimps
1 egg
Salt and pepper
2 tbsp. oil
4 green onions
1 chopped tomato
1 tbsp. yellow salted beans

Cut amargoso into 1-inch thick disks. With a small knife, scoop out white pulp. Blanch quickly in rapidly boiling water. Drain.

Combine pork, shrimps, egg and seasonings and use to stuff amargoso. In oil saute onions and tomato. Add salted beans and a little water. Add amargoso and simmer gently until cooked.

PINAKBET

1 c. water
¼ k. pork sliced
4 eggplants, sliced
2 amargoso, sliced
4 tbsp. bagoong (alamang)
Aji-no-moto
1 c. chopped ripe tomatoes

Boil pork in water. When almost tender, add amargoso and eggplants. Top with bagoong, Aji-no-moto and tomatoes. Cover and cook until done. Toss ingredients and serve.

SQUASH GINATAAN

1 tbsp. oil
½ onion
½ tomato
2 c. sliced red squash
Patis
2 tbsp. chopped cooked shrimps
1 c. coconut milk

Saute onion and tomato in oil. Add squash, patis and shrimps. When cooked, add coconut milk.

CABBAGE ROLLS

Cabbage leaves, blanched in boiling water until wilted

¼ k. ground pork
1 onion, minced
Salt and pepper
1 sinkamas, chopped
2 eggs

Combine ingredients and use to stuff cabbage leaves one by one. Roll and fasten with toothpicks. Steam.

Serve hot with tomato ketchup.

SAYOTE BOATS

3 small tender sayote
Creamed Chicken

Peel sayote then cut in halves lengthwise. Remove seeds and steam in a little broth.

Fill cavities with Creamed Chicken and serve at once.

When we were children, I remember we had a cook named Regino. My brothers and I loved him very much for his jovial spirit; for the plaintive kundimans which he played with feeling on his borrowed violin and above all, for the delicious dishes he prepared every time there was a fiesta in the house. The savor of his soups was the talk of the town; his croquettes were creamy inside and crisp outside; but what I cannot forget is this superb Spanish vegetable stew which he called:

MENESTRA

1 chicken
1 piece pork
1 Bilbao sausage
4 tbsp. olive oil
3 cloves crushed garlic
1 large onion
1 can tomatoes sauce
1 small cabbage, quartered
1 bundle string beans
4 potatoes, whole
1 c. cauliflowerets
1 small can asparagus
Salt and pepper
2 egg yolks
2 tbsp. chopped ham

Boil chicken and pork until tender. Remove bones from chicken a cut in big pieces.

Make a sauce of oil, garlic, onion, and tomato sauce. Add sausage and raw vegetables; add enough chicken stock and simmer until vegetables are tender. Add chicken, pork and asparagus. Heat well, thicken sauce with beaten egg yolks. Sprinkle ham on top.

Perhaps you still remember the story of Jack and the beanstalk that grew so high it touched the sky. Jack one day climbed the beanstalk that led him to a beautiful country high above the clouds and to a castle in the middle of a lovely garden. Unfortunately that castle belonged to a fierce giant whose favorite stew was made from human meat. The giant's wife, however, was a kind and understanding woman, and when she saw her husband coming, hid Jack in the big oven in her kitchen.

Visiting the castle became Jack's favorite pastime especially when he found the gold lyre and the golden hen in the giant's possession, these treasures belonging once to his father. Jack's recovering the treasures could not have been possible without the help of the giant's wife who always hid Jack in the kitchen. But why, we might ask, was this woman so kind to this stranger boy? Perhaps it was because every time Jack climbed the beanstalk he always gathered the tenderest beans and gave them to his benefactor.

BEANS AND BACON

2 c. cooked green beans
½ c. bacon, diced
1 tbsp. sugar
4 tbsp. vinegar
Salt and pepper

Fry bacon until crisp; add other ingredients and cook slowly for 10 minutes.

BEANS WITH VELVET SAUCE

2 bundles fresh green beans
½ c. cooked chicken
1 tbsp. oil
1 tbsp. flour
1 c. milk
Salt and pepper

Cook beans in boiling salted water until tender. Cook chicken in oil. Add flour, then blend with milk and seasonings.

BEANS AND CHICKEN

2 tbsp. oil
Garlic, onion and tomato sauce
1 green pepper, sliced
4 tbsp. white wine
2 c. string beans cut
½ c. cooked chickens, cut in cubes
Salt and pepper
2 hard boiled eggs
2 tbsp. diced ham

Saute garlic, onion and tomato sauce in oil. Add boiled string beans and other ingredients. Garnish with sliced eggs and chopped ham.

PORK AND BEANS

- 2 c. white beans, soaked overnight
- ¼ kilo pork
- Salt and pepper
- 2 tbsp. oil
- 1 onion minced
- ½ can tomato sauce

Boil beans and pork until tender. Heat oil, saute onion, then add tomato sauce. Add pork and beans and simmer in sauce. Season.

GREEN BEANS PIE

- 3 c. slivered green beans, boiled
- ½ c. cooked diced chicken
- 3 eggs
- ½ c. soft breadcrumbs
- 1 c. scalded milk
- 2 tbsp. butter
- Salt and pepper

Place beans in a greased pie plate. Beat eggs until light, Add rest of ingredients. Pour over beans and bake in a moderate oven.

CHILI CON CARNE

- 2 tbsp. oil
- 1 onion, minced
- 1 c. chopped tomatoes
- 1 c. ground beef
- 2 c. cooked kidney beans
- Salt
- ½ tsp. chili powder

Saute onion and tomatoes in oil. Add beef; season, and cook for a few minutes. Add beans, cover and simmer for 15 minutes. If mixture gets too dry, add water. Add chili.

If you are one of those who love to scan the comics section of newspapers, you will agree that two of the most popular characters are Mr. and Mrs. Jiggs.

Maggie is the typical social climber who wants to keep up with the Joneses; she is a termagant sort of woman who keeps her husband under her thumb. Mr. Jiggs is pictured as the patient husband who finds a game of poker with his pals a refuge from domestic martyrdom.

This guy's weakness for corned beef and cabbage is such that this particular stew is known as:

JIGG'S DINNER

1 can corned beef
1 firm head cabbage
2 tbsp. oil
1 large onion
1 c. skinned ripe tomatoes
Salt and pepper

Boil corned beef whole and quartered cabbage in a little salted water. Drain and place on serving dish.

Make a sauce of rest of ingredients, add stock and thicken with a little flour. Pour sauce over corned beef and cabbage.

LENTILS WITH HAM

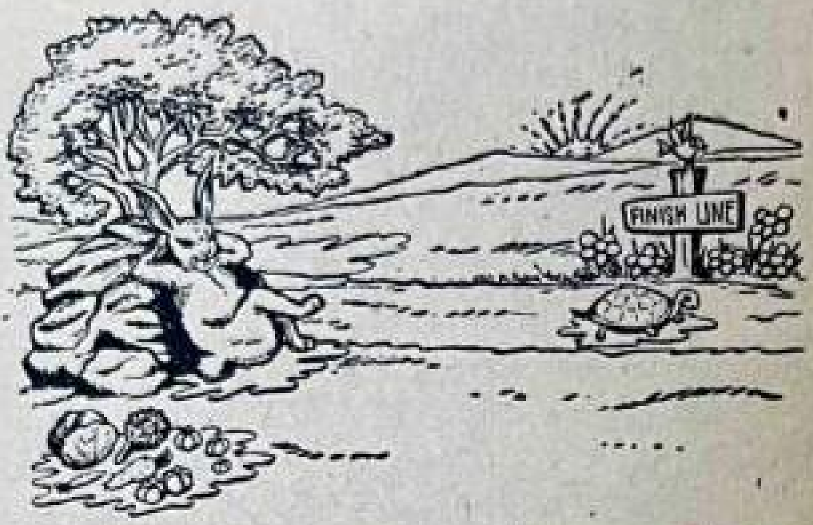
½ lb. lentils, soaked
1 onion, sliced
2 ripe tomatoes, chopped
2 cloves garlic
½ c. ham strips
1 tbsp. lard
1 tbsp. olive oil

Boil lentils in salted water until tender. In lard saute the garlic, onion and tomatoes. Add ham and lentils. Season with salt and pepper. Few minutes before serving, add olive oil.

CHAPTER VI

SALADS

58 Choice Recipes



Do you still remember Aesop's fable about the turtle and the rabbit, and the race they had? Well, the story ends with the turtle arriving at the goal first because of his constancy and patience; but the rabbit, too confident in himself, slept under the shade, roamed in the fields, and therefore lost in the race.

But if you stop to think and discover what kept the rabbit roaming in the fields, perhaps you'd give 3 cheers to Mr. Bunny. For in those fields were cool fresh bunches of lettuce, pink radishes, golden carrots and crisp cabbages. What more could his bunny heart desire? We cannot blame him if in the midst of that vegetable kingdom he totally forgot the race. And neither can we blame anyone if he has a weakness for salads.

RADISH RELISH

2	radishes, sliced thin
2	tbsp. salt
4	tbsp. vinegar
4	tbsp. sugar

Sprinkle salt over radish, let stand for 3 hours, wash with water, then squeeze dry.

Dissolve sugar in vinegar and add to radish.

LETTUCE ROLL SALAD

1 c. cheese strips
½ c. sliced cooked chicken
4 tbsp. chopped pickles
Lettuce leaves
Mayonnaise or French Dressing

Combine cheese, chicken, and pickles. Wrap in lettuce leaves, fasten with toothpicks. Serve with mayonnaise or French Dressing.

GREEN BEANS SALAD

2 c. boiled green beans, cut
1 tomato, sliced
1 onion, sliced
French Dressing
Grated cheese

Combine beans, tomato and onion. Chill.

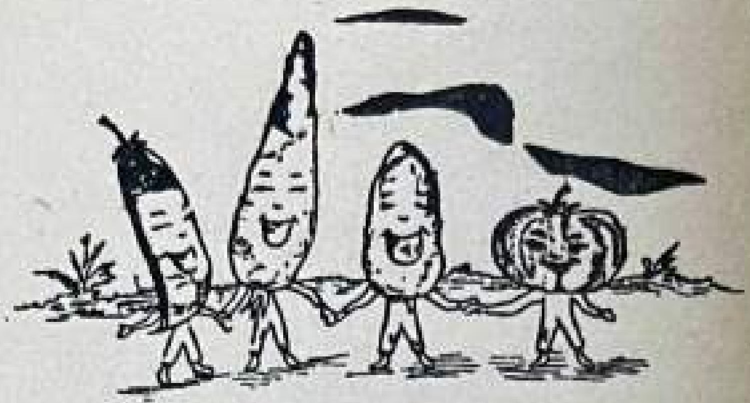
Toss vegetables with French Dressing. Sprinkle with grated cheese.

JADE AND GOLD SALAD

1 small head lettuce
1 c. orange chunks
1 c. cooked chicken breast, diced
½ c. white cheese, diced
French Dressing

Wash lettuce, then dry on a towel. Tear into bite-size pieces. Place in salad bowl, add orange chunks, chicken and white cheese. Chill.

Just before serving, add French Dressing. Toss lightly and serve.



VEGETABLE SALAD

½ c. sliced carrots
2 c. cooked green beans
1 c. cooked sliced potatoes
1 c. boiled caulifloweretts
2 tomatoes, sliced
French Dressing

Toss ingredients together. Serve on lettuce.

AMARGOSO APPETIZER SALAD

1 amargoso, sliced thin
Salt and pepper
vinegar
1 onion, sliced
2 tomatoes, sliced
¼ c. cooked peeled shrimps

Soak amargoso in salted water for 1 hour. Blanch in boiling water. Drain. Add rest of ingredients.

CORA'S ORANGE SALAD

4 oranges
2 large onions
Grated cheese
French Dressing

Peel onions and slice thin. Peel oranges removing all exterior membrane; slice thin. Alternate slices of orange and onion on serving plate, sprinkle with cheese. Serve with French Dressing.

COLE SLAW

3 c. shredded cabbage, raw
1 pimiento, chopped
1 green pepper, minced
1 ripe tomato, sliced
1 carrot, shredded

Toss salad with French Dressing.

For Coconut Cole Slaw, add ½ c. shredded buko.

HAM ROLL SLAW

8 thin slices cooked ham
Cole Slaw

Lay cole slaw on ham slices. Roll up, fasten ends with toothpicks. Place ham rolls on lettuce and serve with mayonnaise or French Dressing.

PINEAPPLE COLE SLAW

1	c. shredded cabbage
1	c. canned pineapple tidbits
2	green peppers, sliced
½	c. cheese strips
½	c. mayonnaise
2	tbsp. lemon juice
1	tbsp. pineapple syrup

Mix mayonnaise, lemon juice and pineapple syrup Toss with salad.

ORANGE COLE SLAW

Follow recipe and instruction of Pineapple Cole Slaw, using 2 sliced oranges instead of pineapple. Omit cheese.

"CORAL SUNSET" SALAD

2	c. pink pomelo (in segments)
2	ripe tomatoes, cut in pieces

Mix and chill. Toss with mayonnaise.

UBOD — PINEAPPLE SALAD

2 c. sliced ubod
1 small can pineapple tidbits

Select the very tender part of ubod. Slice fine and mix with pineapple tidbits. Chill.

Just before serving, toss with mayonnaise.

STUFFED TOMATO SALAD

Cut off stem end of large ripe tomatoes and remove inner pulp and seeds. Sprinkle salt, pepper and lemon juice in each shell. Chill and fill with chicken or fish salad. Serve on lettuce cups with mayonnaise.

EGG SALAD

6 hard boiled eggs
½ tsp. mustard
Salt and pepper
2 tbsp. chopped chicken
1 tbsp. mayonnaise

Remove shells from eggs; cut in halves. Take out yolks and mix with remaining ingredients. Put this mixture back into egg whites. Serve on lettuce cups. Garnish with sliced tomatoes.

CAULIFLOWER SALAD

1 cauliflower
12 shrimps, boiled
Oil and vinegar
Salt and pepper
½ c. mayonnaise

Blanch cauliflower in boiling salted water; divide into clusters and drain well. Mix with shrimps, oil, vinegar and seasonings. Before serving, mask with mayonnaise.

TOMATO CHEESE SALAD

4 tomatoes, sliced
1 c. white native cheese, cubed
French Dressing

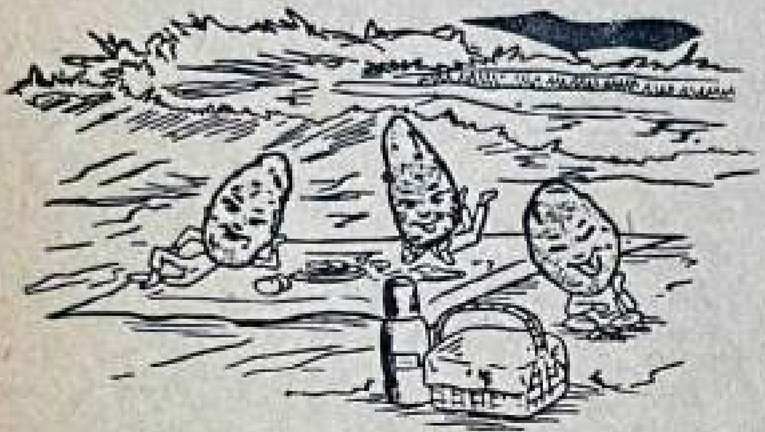
Toss ingredients together. Serve on lettuce.

KIDNEY BEAN SALAD

2 c. cooked kidney beans
Chopped pickles
½ c. sliced celery
3 hard boiled eggs
Mayonnaise

Toss ingredients together. Chill and serve on lettuce.

Someone once said, "Happiness is like potato salad... share it with others and it becomes a picnic". If happiness, which is the most wonderful emotion known to man is compared to potato salad, then, there *must be something special in a potato salad to deserve such a flattering comparison. Find the truth by preparing the following recipe:*



PICNIC POTATO SALAD

6 large potatoes, boiled
1 c. chopped celery
4 tbsp. chopped onions
1 tbsp. chopped pimiento
French Dressing
Mayonnaise
2 hard boiled eggs

Cut potatoes into cubes; mix with celery, onions, pimiento and a little French Dressing. Season and chill. Mix with enough mayonnaise to moisten well. Serve on lettuce. Garnish with sliced eggs and pickles.

SUNSHINE SALAD

2 c. boiled potato cubes
1 c. boiled yellow camote cubes
Calamansi juice, salt, sugar
1 small can pineapple tidbits
Mayonnaise

Toss ingredients together. Chill.
Garnish with orange sections.

LOBSTER SALAD

2 c. cooked lobster meat
2 c. boiled potato cubes
½ c. sliced celery
½ c. boiled green beans
½ c. boiled carrot cubes
Mayonnaise

Toss ingredients together. Chill and serve on lettuce. Garnish.

LOBSTER IN MAYONNAISE

Serve boiled lobster meat in its shell. Cover with mayonnaise, sprinkle with chopped pickles and lobster coral. Place lobster on lettuce. Garnish with sliced tomatoes.

PINEAPPLE CRAB DELIGHT

4 slices canned pineapple
1 c. crab meat
Lemon juice, salt and pepper
½ c. mayonnaise
2 tbsp. tomato ketchup

Marinate crab meat in lemon juice and seasonings.

Lay pineapple slices on flour salad plates lined with lettuce leaves. Divide crab meat into four and place on tops of pineapple. Garnish with crab claws. Top with dressing made by combining mayonnaise and ketchup.

AVOCADO SHRIMP SALAD

2 ripe avocados
Lemon juice and salt
1 c. diced celery
1 c. cooked shrimps
Mayonnaise

Cut avocado into halves lengthwise, remove seeds and sprinkle cut portion with lemon juice and salt. Combine celery, shrimps and enough mayonnaise to moisten. Fill avocados with salad mixture.

Fish, lobster or chicken may be used instead of shrimps .

STUFFED CUCUMBER SALAD

Cucumbers
1 c. crab meat
1 chopped tomato
½ c. diced celery
2 chopped hard boiled eggs
Mayonnaise

Peel cucumbers; cut in 2-inch pieces. Scoop out seeds. Combine other ingredients and use to fill cucumbers. Garnish with pimiento strips.

WAHINI PINEAPPLE SALAD

1 fresh pineapple
2 c. cooked diced chicken
1 c. cold boiled rice
1 c. chopped celery
½ c. green peas
Mayonnaise

Cut pineapple in half; scoop out the center, leaving the shell and green top. Cut pineapple meat in pieces, cook with a little sugar. Cool and drain well, then combine with the other ingredients. Chill.

Serve salad in pineapple shells.

Salmon and tuna may be substituted for chicken.

ORANGE BOUQUET SALAD

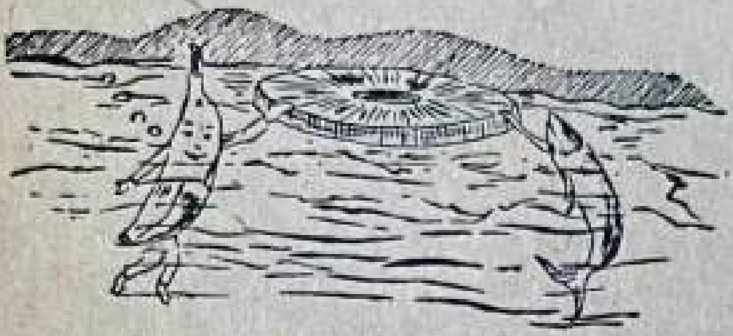
3 oranges
½ c. cooked chopped shrimps
½ c. chopped celery
1 c. cubed boiled potatoes
2 tbsp. chopped pickles
4 tbsp. green peas
Mayonnaise
Chopped nuts

Cut oranges in halves, take juice and reserve it for another use.

Combine ingredients and chill.

Clean orange shells from all interior membrane. With a sharp scissors, cut rims of orange shells to form scallops. Serve salad in orange shells, and sprinkle tops with chopped nuts. Arrange salad on 6 individual salad plates lined with lacy paper doilies.

Tuna or chicken may be used instead of shrimps.



BANANA SALMON SALAD

1 small can pink salmon
½ c. pineapple chunks
½ c. sliced celery
4 ripe lakatan bananas
1 tbsp. chopped pickles
Mayonnaise

Cut bananas in cubes. Toss with other ingredients Serve on littuce.

WATER LILY SALAD

4 large ripe tomatoes
1 c. crab meat
Lemon juice
½ c. chopped celery
Mayonnaise

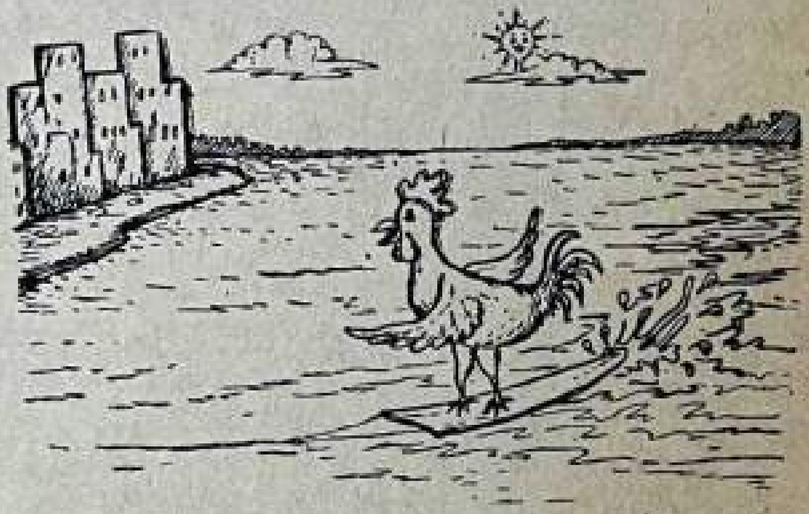
Divide each tomato into eight but do not cut through. Scoop out the seeds; sprinkle with salt. Combine rest of ingredients and fill tomatoes with mixture. Chill and serve on lettuce.

P.S. If all salads were water lilies, I'm sure you would like to be the pond!

CHICKEN SALAD

1 c. diced boiled chicken
6 boiled potatoes, cubed
1 boiled carrot, cubed
1 c. green beans
2 apples diced
4 tbsp. pickles
Lemon juice, salt and pepper
Mayonnaise

Combine ingredients. Chill and serve on lettuce.



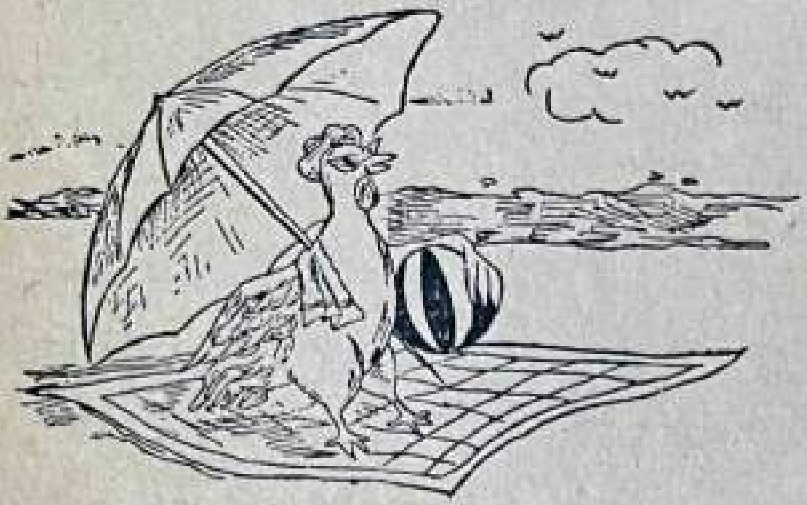
HONOLULU CHICKEN SALAD

On each lettuce cup place a slice of pineapple. Top with chicken salad. Garnish with pimiento strips.

GOLDEN CHICKEN SALAD

2 boiled carrots, cubed
6 boiled potatoes, cubed
1 can pineapple tidbits
½ c. chopped celery
1 c. diced cooked chicken
Lemon juice, salt and pepper
Mayonnaise

Combine ingredients. Moisten with mayonnaise. Chill.



FLORIDA CHICKEN SALAD

2 c. diced cooked chicken
2 oranges in segments
1 c. seeded grapes
2 apples, diced
2 bananas, diced
Mayonnaise
Chopped nuts

Mix ingredients lightly. Chill and serve on lettuce. Sprinkle nuts on top.

ROYAL CHICKEN SALAD

1 tbsp. gelatine
4 tbsp. water
1 c. mayonnaise
1 c. cream, whipped
1½ c. diced cooked chicken
½ c. orange segments
½ c. halved grapes

Soften gelatine in water; dissolve over hot water. Cool slightly; and mayonnaise and cream. Fold in chicken and fruits. Pour mixture into an oiled loaf pan and chill thoroughly.

Unmold on lettuce.

AMBASSADOR SALAD

Lettuce cups
Red tomato slices
Chicken Salad
Green olives

On each lettuce cup place a slice of tomato. Top with chicken salad and olive.

FIESTA CHICKEN SALAD

1 c. diced cooked chicken
2 apples, diced
½ c. celery, chopped
½ c. green olives, chopped
4 boiled potatoes, cubed
Mayonnaise

Combine ingredients and chill. Serve on lettuce, garnish with asparagus.

MACARONI SALAD

½ box salad macaroni
1 c. boiled diced chicken
½ c. pineapple tidbits
2 tbsp. chopped pickles
Mayonnaise
Grated cheese

Cook macaroni in boiling salted water until tender. Rinse with cold water to avoid sticking, then drain. Combine with other ingredients and chill. Serve on lettuce. Sprinkle cheese on top.

MACARONI—FRUIT SALAD

1 package salad macaroni
½ bottle kaong
1 small can pineapple tidbits
1 small carrot
½ c. cheese cubes
Mayonnaise

Boil salad macaroni. Boil carrot, then cut in cubes.

Combine ingredients. Chill.

Garnish with sliced pineapple rings.

SOTANGHON SALAD

2 c. boiled sotanghon, cut
1 c. fried onions
1 green pepper, in strips
1 red pepper, in strips
½ c. cooked shrimps
Vinegar

Toss ingredients together.

Instead of shrimps, spiced sardines may be used. or toasted squid flakes.

CHICKEN MOUSSE

1 stick gulaman
1½ c. well seasoned chicken stock
Salt and pepper
2 c. cooked diced chicken
4 tbsp. chopped sweet pickles
½ c. Mayonnaise

Dissolve gulaman in boiling chicken stock. Cool. Chill mixture and when nearly set, add rest of ingredients.

Garnish bottom of an oiled mold with sliced hard boiled eggs and stuffed olives. Pour chicken mixture into mold; chill thoroughly. Unmold on a bed of letuce.

CAESAR SALAD

1 clove garlic
1 head Baguio lettuce
French Dressing
1 egg
2 tbsp. calamansi juice
Salt and pepper
½ c. grated cheese
1 c. fried bread cubes

Rub salad bowl with cut garlic. Tear lettuce into bite-size pieces, add French Dressing and toss. Beat egg, add calamansi juice and mix well. Add egg mixture to lettuce, toss and add seasonings and cheese. Add bread cubes just before serving.

One day our friend Dito stepped into a newspaper office to have an ad published. "Sir", he addressed the editor, "I need a house help-one who can sew, wash clothes, do a little gardening, receive guests when I'm out, and also cook". The editor who was a man with experience, looked at Dito straight in the eyes and said, "My boy, what you need is not a helper, but a wife".

We can see the editor was a sensible person, because a wife is five persons in 1 . . a sweetheart, glamour girl, an attentive listener, a practical financier and a good cook.

Well, going back to Dito he took the Ed's advice and now he has the helper he really needs. And the wife he got is an authority on fruit salads.

BANANA AMBROSIA

2	oranges
2	ripe lakatan bananas
3	tbsp. sugar
½	c. shredded coconut

Peel oranges, remove membrane and cut into thin slices. Slice bananas. Arrange alternate slices of oranges and bananas on serving plate, sprinkle with sugar and coconut. Chill.

GRADUATION EXERCISES

BANANA-MELON SALAD

1 ripe banana
1 c. melon balls

Peel banana, split, and place on salad plate. Arrange melon balls on top and sides. Chill. Serve with sweetened cream.

"WHEEL OF FORTUNE" SALAD

1 ripe lakatan banana
2 slices canned pineapple
Strawberries

Peel banana and place a pineapple ring around each end. Arrange on salad plate lined with lettuce leaf. Garnish with strawberries. Serve with cottage cheese

PINEAPPLE-BUKO SALAD

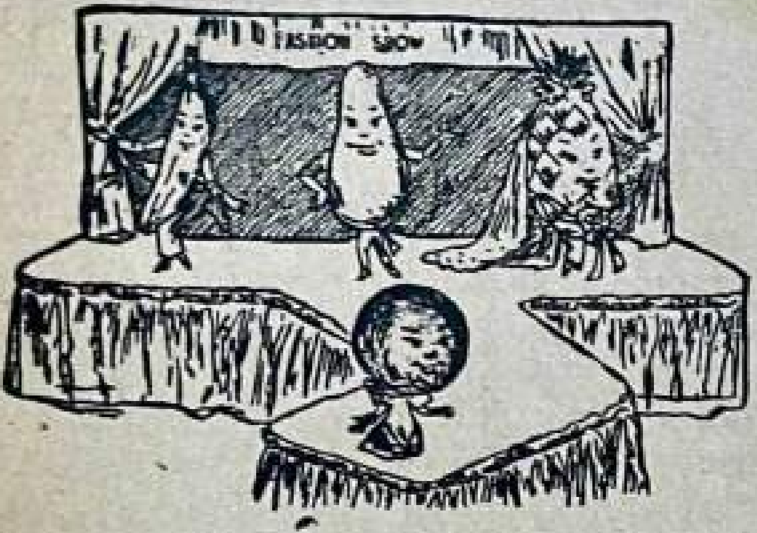
1 can pineapple tidbits, drained
1 bottle preserved sweet kaong, drained
2 buko, scraped into strips

Combine fruits and chill. Serve with sweetened cream.

"ELDORADO" FRUIT SALAD

1 can pineapple chunks, drained
2 c. diced ripe papaya
2 c. ripe mango balls
1 c. naranjita segments

Combine fruits and chill. Just before serving, mix with mayonnaise.

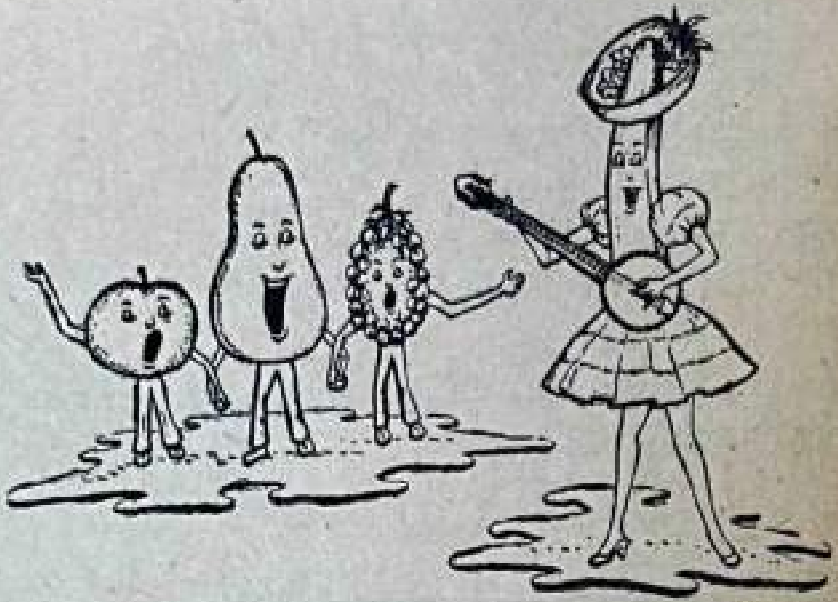


"KARILAGAN" FRUIT SALAD

6 ripe lakatan bananas
1 c. pineapple chunks
2 ripe avocados
1 c. naranjita segments
Mayonnaise
Chopped kasuy nuts

Cut bananas and avocados in cubes. Marinate bananas, avocados and mango in pineapple syrup mixed with lemon juice. Drain well. Chill.

Just before serving, mix fruits lightly with mayonnaise. Place in salad bowl, and sprinkle with nuts.



AVOCADO "FRIENDSHIP" SALAD

3 ripe avocados
1 c. pineapple chunks
1 c. grapes
1 c. naranjita segments
2 lakatan bananas, in cubes
Mayonnaise

Cut avocados in halves lengthwise and scoop out pulp. Save the shells.

Cut avocado meat in cubes and combine with other fruits. Moisten with mayonnaise. Fill avocado shells with salad and serve on lettuce.

STUFFED PEACH SALAD

1 can peach halves
1 c. cottage cheese
Mayonnaise

Drain peaches well. Combine cheese, and mayonnaise. Stuff peach halves with mixture. Arrange on shredded lettuce.

AVOCADO-PINEAPPLE SALAD

3 c. pineapple chunks
2 c. avocado cubes
Lemon juice
Mayonnaise

Mix together lightly and chill.

PINEAPPLE BASKET SALAD

Cut pineapple in half lengthwise. Scoop out the pulp and fill with any prepared fruit salad. Garnish with red cherries.

FROZEN FRUIT SALAD

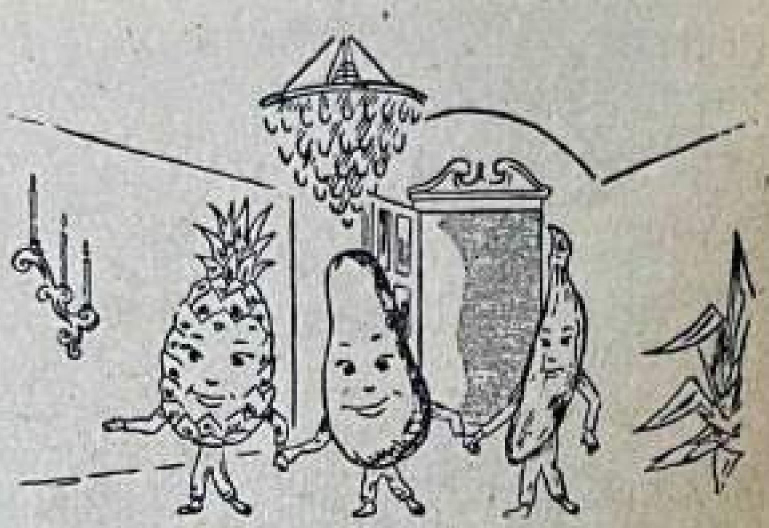
1 tbsp. gelatine
4 tbsp. water
½ c. canned pineapple syrup
1 c. peaches
1 c. grapes
1 c. canned pineapple drained
Red cherries
½ c. mayonnaise
1 c. cream, whipped

Soft gelatine in water; dissolve over hot water. Add pineapple syrup. Chill, and when slightly thickened add fruits. Fold in mayonnaise and whipped cream Freeze in ice cream cartons.

MAYONNAISE

2 tsp. salt
½ tsp. dry mustard
3 egg yolks
1 c. salad oil
4 tbsp. vinegar
Dash of pepper

Combine salt and mustard with egg yolks in a bowl and beat together until stiff. Add part of the oil, beating it into the mixture drop by drop at first, then proceeding more rapidly. Mix in one direction. When it begins to thicken, add a little of the vinegar. Alternate the oil and vinegar until blended.



MALACAÑANG FRUIT SALAD

2 cans pineapple tidbits
2 cans sliced mangoes
1 bottle nata de coco
6 lakatan bananas
2 cans cream
½ tbsp. calamansi juice
Sugar to taste

Drain canned fruits well. Slice bananas, sprinkle with calamansi juice,

Chill cream, then whip until stiff. Add calamansi juice and enough sugar to sweeten. Fold the whipped cream into salad and serve.

MAYONNAISE PIQUANT

To Mayonnaise, add 1 green onion cut fine, 2 cloves crushed garlic, 1 tbsp. chopped pickles, and minced parsley.

Ideal for fish and sea foods.

LEMON MAYONNAISE
(For Fruit Salads)

½ c. condensed milk
4 tbsp. lemon juice
1 recipe Mayonnaise.

Follow instructions for Mayonnaise using lemon juice instead of vinegar. Fold in condensed milk.

FRENCH DRESSING

1 c. salad oil
½ c. vinegar or lemon juice
Salt and pepper

Combine ingredients. Shake thoroughly before using

JACKFRUIT SALAD

Boil meat of green jackfruit until tender. Cool and squeeze out water. Mix with minced tomatoes, onions, pounded ginger, vinegar and salt. Just before serving, mix with pure coconut milk.

For Banana Blossom Salad, use banana blossoms instead of jackfruit.

CHAPTER VII

SANDWICHES

38 Choice Recipes

Do you want to know the origin of sandwiches? The story goes that one evening, the 4th Earl of Sandwich was holding a "full house" in a card game when his butler announced that dinner was ready. Not wanting to be disturbed, he ordered him to bring a piece of roast beef between two slices of bread and butter, so he could continue the game while eating.

In that act of playful convenience, the Earl did not perhaps realize he was creating a revolution and that a new word was coined and added to the English language.

SANDWICH FILLINGS

CHEESE AND BACON

½ c. grated cheese
4 tbsp. minced cooked bacon
1 tsp. minced onion
1 tbsp. minced pickles
Mayonnaise

CHEESE AND EGG

½ c. grated cheese
1 pimiento, chopped
2 tbsp. minced pickles
3 hard boiled eggs, chopped
Mayonnaise

CHEESE AND CHICKEN

½ c. grated cheese
½ c. chopped cooked chicken
Mayonnaise to moisten

CHEESE AND PIMIENTO

1 c. grated cheese
2 tbsp. chopped pimiento
Mayonnaise to moisten

CHEESE-PINEAPPLE

1 c. grated cheese
½ c. crushed pineapple, drained
Mayonnaise to moisten

CHEESE, NUT AND RAISIN

½ c. grated cheese
½ c. raisins, cut fine
4 tbsp. chopped pimiento
Mayonnaise

COTTAGE CHEESE AND BACON

Mashed cottage cheese
Chopped cooked bacon
Mayonnaise to moisten

COTTAGE CHEESE AND EGG

½ c. cottage cheese
3 hard boiled eggs, chopped
Chopped sweet pickles
Mayonnaise to moisten

COTTAGE CHEESE AND HAM

1 c. cottage cheese
½ c. chopped cooked ham
Sweet pickles, chopped
Mayonnaise to moisten

COTTAGE CHEESE AND JAM

Cottage cheese
Mango jam

Spread each separately.

CHICKEN SANDWICH FILLING

1 c. chopped cooked chicken
2 tbsp. chopped pickles
Mayonnaise to moisten

CHICKEN AND PINEAPPLE

1 c. chopped cooked chicken
2 c. crushed pineapple, drained
Mayonnaise to moisten

CHICKEN AND NUT

1 c. chopped cooked chicken
4 tbsp. chopped nuts
Mayonnaise

CHICKEN AND MARMALADE

1 c. chopped cooked chicken
4 tbsp. orange marmalade

CHICKEN AND HAM

1 c. chopped cooked chicken
4 tbsp. chopped ham
4 tbsp. chopped celery
Mayonnaise

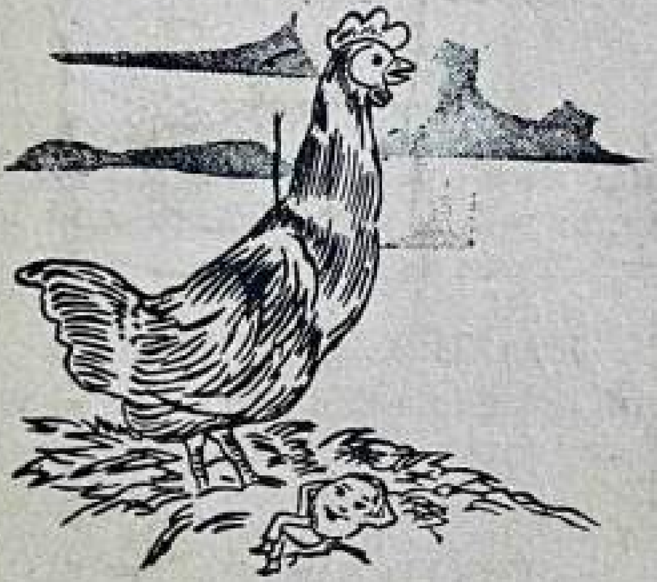
EGG AND PICKLES

4 hard boiled eggs, chopped
2 tbsp. chopped pickles
Mayonnaise

FISH AND EGG

1 c. flaked cooked fish
3 hard boiled eggs, chopped
3 tbsp. chopped pickles
Mayonnaise

Which came first?



CHICKEN AND EGG

1 c. cooked chicken, minced
3 hard boiled eggs, chopped
2 tbsp. chopped pickles
Mayonnaise

FISH AND NUT

1 c. flaked salmon
3 tbsp chopped nuts
Mayonnaise

CRAB FILLING

1 c. cooked crab meat
Lemon juice
1 pimiento, chopped
4 tbsp. minced celery
Mayonnaise

LOBSTER FILLING

1 c. flaked cooked lobster
Chopped stuffed olives
Mayonnaise to moisten

DEVILED HAM FILLING

2 cans deviled ham
Sweet pickles, cut fine
Mayonnaise

SARDINE FINGERS

Cut thin slices of bread into strips. Take whole small sardines; roll in grated cheese and lay them on bread strips. Brown in hot oven.

TOASTED CHEESE ROLLS

Cut fresh bread into thin slices, spread with a cheese filling, roll and fasten with toothpicks. Toast. Serve at once.

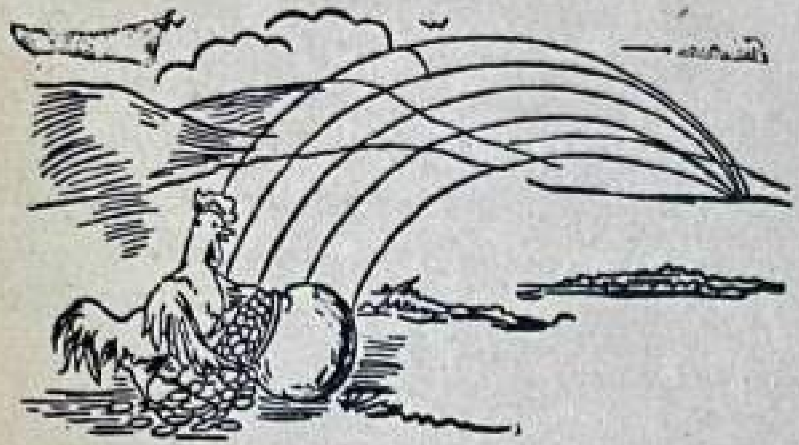
ROLLED SANDWICHES

1 can deviled ham
Mayonnaise
Mustard

Mix. Spread on fresh slices of bread. Roll. Wrap with a damp cloth. Slice before serving.

LILY SANDWICHES

Cut thin slices of fresh bread into squares. Spread with any chicken filling. Roll each into diagonal cones to simulate lily flowers, fasten with toothpicks. Before serving, insert carrot strips on tops of sandwiches to represent stamens.



RAINBOW SANDWICHES

Remove all crust from a sandwich loaf one day old. Cut into lengthwise slices about ½ inch thick.

Spread layers with red, yellow, and green fillings made from tinted Chicken Sandwich Filling. Press together. Cover with a damp cloth. Slice thin before serving.

HAM, EGG AND MUSHROOM SANDWICHES

1 c. cooked ground ham
4 hard boiled eggs, chopped
Cream of mushroom soup to moisten

Spread on slices of buttered bread.

CHEESEBURGER BUNS

1 recipe Hamburger
Round buns
Cheese slices

Split buns and top each half with a cooked hamburger. Place a slice of cheese on top. Slip buns into broiler and when cheese melts, serve immediately.

When a man marries he sometimes loses some freedoms — like the freedom of circulation and the freedom of speech around the house. In compensation, however, he also gains other freedoms. He can invite his buddies to snacks after an afternoon of golf; he can enjoy freely the well prepared meals cooked by the better half; he can even bring the boss home to dinner to celebrate his raise.

With these new freedoms gained, can a man afford to regret? Certainly not, especially if the wife's cooking is something to brag about. So, the next time his cronies drop over for a cup of coffee, serve them these:

TUNA CREAM ROLLS

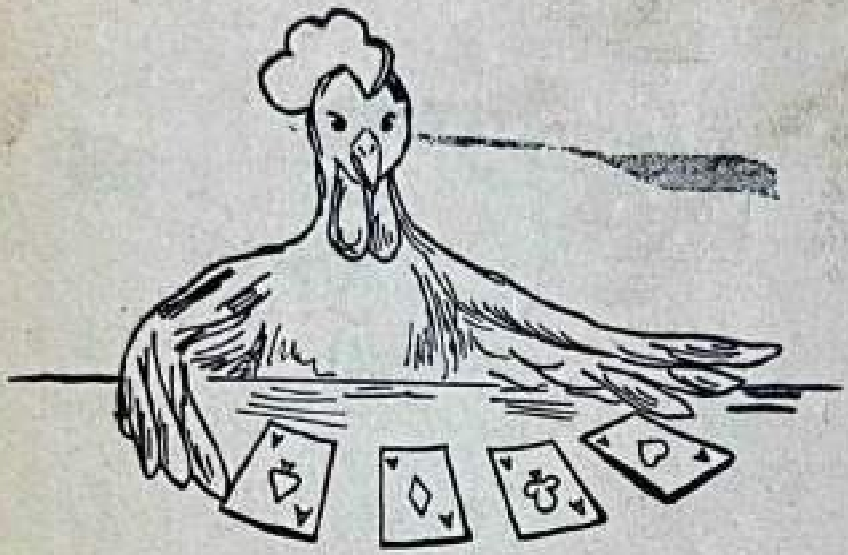
1 small can tuna, mashed
1 c. Medium White Sauce
2 tbsp. grated cheese

Combine ingredients and spread on slices of fresh bread. Roll and fasten with toothpicks. Cover with a damp cloth and chill. Cut in slices and serve.

FRANKFURTER ROLLS

1 can frankfurters
Finger rolls
Mustard
Chopped pickles

Split rolls and spread with butter, pickles and a little mustard. Fill with split frankfurters.



ACE CHICKEN SANDWICHES

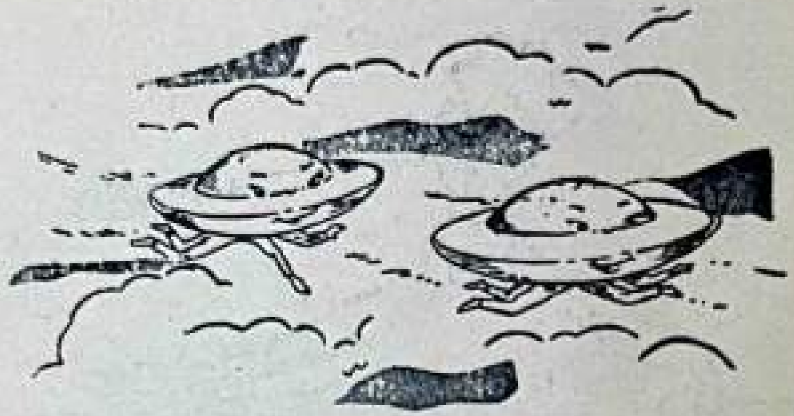
8 slice bread, buttered
8 thin slices tomato
8 slices cooked chicken
Grated cheese

Place bread in shallow baking pan, top with chicken, then tomato. Sprinkle with grated cheese. Melt cheese in broiler.

TOASTED HAM STICKS

1 c. ground cooked ham
1/2 c. grated cheese
Condensed tomato soup to moisten.

Mix and spread on split bread sticks. Toast in broiler.



FLYING SAUCERS

Cut thin slices of bread into circles. Fill with any cheese filling. Place sandwiches in hot electric grill. Bake until golden brown.

P.S. Try serving these sandwiches when you have a blind date with that man from Mars!

SHRIMP SANDWICHES

1 c. cooked chopped shrimps
Lemon juice
3 hard boiled eggs
Sweet pickles, chopped
Mayonnaise to moisten

Combine ingredients and spread between slices of buttered bread.

HOT PICNIC ROLLS

1 can Vienna Sausage
½ package cheddar cheese
2 tbsp. chopped pickles
1 tbsp. minced onion
2 hard boiled eggs, chopped
Mayonnaise to moisten
Hot dog rolls

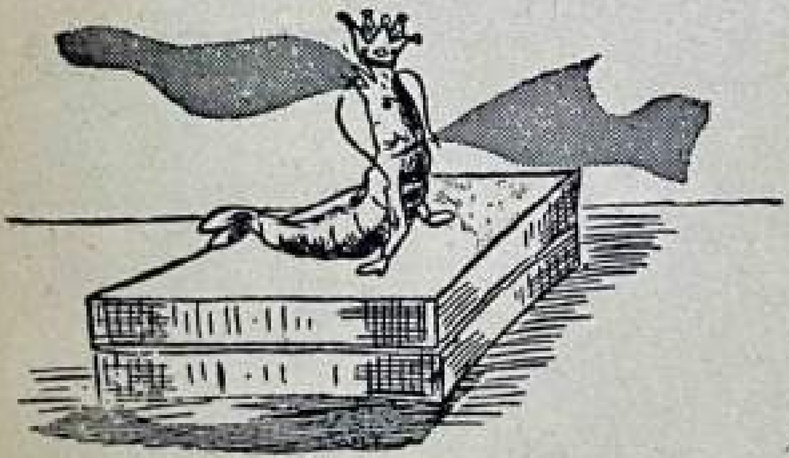
Split hot dog rolls, but do not cut through, leaving hinges. Cut Vienna sausage and cheese into cubes; combine with other ingredients. Use mixture to fill hot dog rolls.

Wrap each roll in square of aluminum foil and twist the ends. Place on grill over charcoal for about ten minutes, turning every now and then.

Serve hot in its wrap.

DOMINO SANDWICHES

Cut chicken sandwiches into rectangular pieces the size of dominoes. With green pepper strips, mark sandwiches with lines and dots to resemble real dominoes.



ROYAL SHRIMP SANDWICHES

1 c. cooked shrimps, whole
1 c. Medium White Sauce
6 slices cheese

Add shrimps to white sauce. Spread on bread, then top with cheese. Toast in broiler until cheese is melted.

CHAPTER VIII

BREAKFAST and MERIENDA

67 Choice Recipes

PANCAKES

1 c. flour
2 tsp. baking powder
1 tsp. sugar
1 egg, separated
½ c. milk
1 tbsp. melted butter

Sift together dry ingredients. Mix milk, butter and egg yolk; pour slowly into dry ingredients, mixing just enough to blend ingredients. Fold in stiffly beaten egg white. Cook by spoonfuls on slightly greased griddle. When puffed and cooked on the edges, turn and brown other side. Serve with butter and syrup.

JELLY PANCAKES

Follow recipe and instructions for Pancakes, adding more milk to make a thin batter. Cook into thin pancakes, spread with jelly and roll up.

For Macapuno Pancakes, use macapuno preserve.

For Mini-Pancakes, make tiny thin pancakes. Full with creamed chicken and fold.

GOLDEN BALLS

2 eggs, well beaten

½ c. sugar

½ c. milk

½ tsp. vanilla

2 c. flour

3 tsp. baking powder

1 tbsp. melted butter

Add sugar to eggs gradually, beating continually. Add milk and vanilla. Fold in sifted dry ingredients, then add melted butter. Dip a teaspoon in the hot lard, then take the batter by teaspoonfuls and drop into the deep hot lard. Cook until brown. Serve with syrup, or dust with sugar.

CORN FRITTERS

1 c. grated fresh corn

2 tbsp. flour

½ tsp. baking powder

1 egg, slightly beaten

Combine ingredients in order given. Fry by spoonfuls in small amount of fat in skillet. Drain on absorbent paper and serve with syrup.

Someone defined a doughnut as a "hole with a piece of dough around it".

It is told that many years ago, in the time of kings and castles, there lived a baker's apprentice in the royal kitchen. It happened that John, let us call him, fell in love with one of the maids; but he was so poor that when the day of the wedding came there was no money for a wedding ring. Fortunately, the baker thought of something. He took a tiny bit of dough, rolled and fitted it into the bride's finger. He slipped it into a pan of oil and cooked it to a beautiful golden brown. It was a symbol of love — a round thing without an end.

DOUGHNUTS

5	tbsp. margarine
1	c. sugar
3	egg yolks
1	c. milk
4	c. flour
6	tsp. baking powder
½	tsp. vanilla

Combine margarine, sugar, egg yolks, milk and vanilla. Sift together dry ingredients and add. Knead very lightly; roll on floured board. Cut with a doughnut cutter and fry in deep hot fat, turning only once. Drain on absorbent paper and sprinkle with sugar.

P. S. Can anyone eat the whole doughnut without eating the hole?

BANANA CRACKERS

4	green sab-a bananas
1	tbsp. sugar
Oil	

Peel bananas and slice into thin chips. Sprinkle with sugar, mix lightly and brown in very hot oil.

BINANGKAL
(Sesame Puffs)

2 c. flour
¼ tsp. salt
½ tsp. baking soda
2 tsp. baking powder
¾ c. brown sugar
2/3 c. water
2 tbsp. oil
Linga (sesame seeds)

Sift together dry ingredients. Mix brown sugar, water and oil; add to flour mixture. Mix to blend. With a teaspoon, take bits of batter, then roll in linga. Fry in deep hot fat until brown.

GOLLORIAS

4 tbsp. margarine
4 tbsp. sugar
½ tsp. salt
½ c. water
3 egg yolks
2 tbsp. rum
2½ c. flour
½ c. cornstarch

Mix first 6 ingredients. Add flour and cornstarch; knead dough until fine and smooth. Divide dough into small pieces; press each piece against the tines of a fork. Fry in hot fat until brown.

Make a syrup of 3/4 c. sugar and 4 tbsp. water When syrup spins a thread, add the gollorias all at once. Remove from fire, stir until gollorias are well coated and syrup dries.

CHURROS
(SPANISH FRITTERS)

2 c. boiling water
4 tbsp. oil
1½ c. flour
4 tbsp. sugar
4 eggs, whole
½ tsp. vanilla

To boiling water in saucepan, add oil. Add the sifted dry ingredients, stir well until mixture form a mass. Remove from fire, add eggs one by one, beating well. Add vanilla. Place mixture in pastry tube, squeeze out into deep hot fat, cutting in 3-inch lengths with scissors. Fry until brown. Dust with sugar and serve with hot chocolate.

We have a friend, a very special friend named Johnny. People used to ask him why he was still a bachelor at the age of 35, and he would answer, "If I jump into the ocean of matrimony, can you assure me it will be Pacific"?

Then, one stormy day in August, via newspapers, we learned he got married. We met a few years later and saw that he looked like the contented cow. The reason? Peace and love!

I'm sure Johnny has no regrets, for the wife is kind, sweet, understanding: and above all, she is a master in preparing native delicacies.

PINTUS
(Steamed Corn Tidbits)

1 c. finely grated young corn
½ c. water
½ c. evaporated milk
½ c. sugar
2 tbsp. cornstarch
2 tbsp. finely scraped buko strips

Unhusk very tender young corn. Take inner-soft husk and reserve for wrapping.

Grate young corn very fine; pass thru a coarse sieve.

Combine corn, cold water, milk, sugar and cornstarch. Cook over low heat, stirring all the time, until mixture thickens to a mush. Remove from fire, add well-drained buko. Cool.

Take one tablespoon of mush and wrap in the reserved husk, forming tidbits the size of the thumb. Tie each pintus with fine husk strips. Lining kettle bottom with corn cobs, steam pintus for about 30 minutes.

MAJA DE MAIZ

1 c. finely grated young corn
½ c. water
1 large coconut
2 tbsp. constarch
½ c. sugar
4 tbsp. buko or macapuno preserve.

Combine corn and water.

Add enough water to grated coconut to get 2 c. coconut milk. Cook corn in coconut milk and when done, add sugar. Dissolve cornstarch in a little cold water and add to mixture. Cook until thick. Add buko.

Pour mixture into serving dish. Chill.

GALAPONG
(Basic Recipe)

2 c. rice
½ tsp. salt
½ c. boiled rice
1½ c. water

Wash rice; soak in water a few hours. Add boiled rice and grind fine.

Galapong should have the consistency of medium thick batter.

PUTONG PUTI

1 recipe Galapong
1½ c. sugar
2 tbsp. baking powder
Little anise

Combine ingredients and steam over boiling water for about half an hour.

Puto is the accompaniment for dinugo-an.

PUTO NG UBE

1 recipe Galapong
1 c. boiled sieved ube

Follow recipe for Putong Puti, adding ube. Tint to a light lilac color. Steam and serve with grated coconut.

PUTONG CUCHINTA

1 recipe Galapong
1½ c. brown sugar
1 c. water
3 tbsp. lye

Add water, brown sugar, and lye to galapong. Stir well to blend. Spoon mixture into cuchinta molds or small muffin pans, filling molds 2/3 full. Steam over boiling water for about 15 minutes.

Cool cuchinta before removing from molds. Serve with grated coconut.

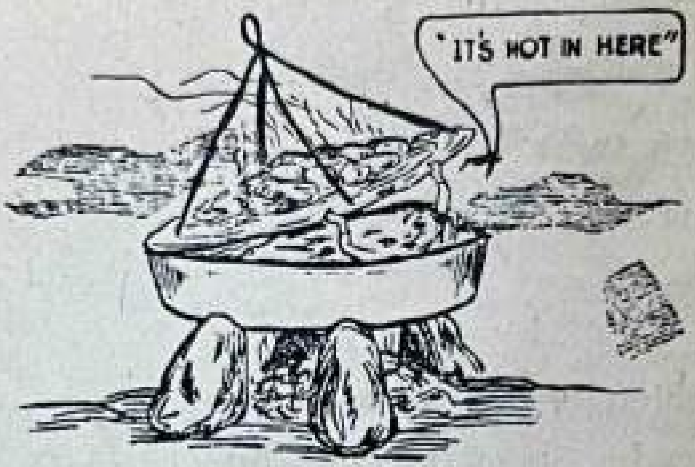
SAPIN-SAPIN

1 recipe Putong Puti

Divide batter into 4 portions. Color 3 portions with pastel shades of pink, yellow and chocolate.

Pour white portion into round pan, steam and when a little bit firm add pink portion. Continue steaming until pink layer is firm. Add yellow portion and steam again. Add chocolate portion and finish cooking.

Cool before removing from pan. Cut in wedges and serve.



BIBINGKA

1 c. galapong
½ c. sugar
2 tsp. baking powder
2 tbsp. melted butter
3 eggs, well beaten
1 c. rich coconut milk

Mix ingredients, blending well. Bake in native "bibingkahan" lived with wilted banana leaf. When well risen, place strips of native white cheese on top. Bake until nicely browned.

Brush top with butter, and serve hot with grated coconut.

PALITAO

Soak malagkit rice in water for a few hours. Grind fine. Drain in cheesecloth.

Boil water in a carajay. Form drained rice into small round or oval patties and drop into the boiling water.

When palitao floats, remove with skimmer and drop into a pan of cold water. Roll in grated coconut. Serve with sugar mixed with toasted powdered linga.

PINIPIG BIBINGKA

1 c. pinipig
3 c. thin coconut milk
½ tsp. salt
1 c. sugar
1½ c. thick coconut milk

Cook pinipig with thin coconut milk and salt in saucepan. When done, add sugar and thick coconut milk. Cook until thick. Place mixture in native "bibingkahan" lined with wilted banana leaf. Spread latik over bibingka and bake until top is nicely browned.

CASSAVA BIBINGKA

3½ c. freshly grated cassava, pressed
2 eggs
1 c. sugar
1 c. milk
1½ c. coconut milk (from 1 coconut)
2 tbsp. melted butter
Shredded buko

Sprinkle grated cassava generously with water. Wrap in a piece of cheesecloth and press to take out juice.

Mix grated cassava with other ingredients. Pour into 2 round pans lined with wilted banana leaf. Bake in a moderate oven for about 1 hour. Spread latik on top and bake until nicely browned.

BIBINGKA MALAGKIT

3 c. malagkit rice
1 c. thin coconut milk
3 tbsp. sugar
½ tsp. salt
Latik

Boil malagkit.

Combine cooked malagkit, coconut milk, sugar and salt; cook over low heat, stirring continually until thick and dry. Pack into 2 round pans lined with banana leaves wilted over the fire. Spread latik on top and bake in a moderate oven for about 1 hour.

ESPASOL

2 c. rice
1 c. malagkit rice
2 coconuts, grated
2 c. sugar

Toast rice and malagkit until brown; grind into flour. Set aside about 1 cup.

Add water to grated coconut and extract enough coconut milk to measure 5 cups. Boil coconut milk and sugar. Add rice flour, cook until thick, stirring continually. When cooked, turn mixture into a board which has been well dusted with rice flour. Roll about ½ inch thick, and cut in strips. Roll espasol in remaining rice flour.

GINATAN

1 white gabi, cut in cubes
2 yellow camotes, cubed
1 piece ube (kinampay), cubed
4 sab-a bananas, cut in rings
2 coconuts
Sugar to taste
Dash of salt
½ c. sliced nangka
1 c. malagkit rice

Soak rice in water, then grind fine.

Cook gabi, camotes, ube, and bananas in thin coconut milk. When cooked, add sugar, salt, and nangka. Form the ground malagkit into small balls and drop them into the boiling mixture. Simmer for a few minutes. Add thick coconut milk. Heat but do not boil.

CASSAVA SUMAN

3 c. grated fresh cassava
1 c. shredded buko
1 c. sugar
Coconut milk (about 4 c.)

Sprinkle grated cassava generously with water; wrap with a piece of cheesecloth and squeeze out juice.

Cook cassava and coconut milk until thick. Add buko and sugar. Wrap in banana leaves and steam until cooked.

BICO

1 c. coconut honey
2 c. boiled or steamed malagkit rice
Anise seeds

Combine ingredients. Cook in a "tacho" or shallow cooking pan, stirring continually until dry.

Mold bico in a tiny cup and serve individually.

LATIK
(Coconut Honey)

2 large coconuts
1½ c. native brown sugar

Extract coconut milk from grated coconut. Add brown sugar and cook to the desired consistency.

PUTO

½ c. margarine
½ c. sugar
2 c. flour
3 tsp. baking powder
¼ tsp. salt
½ c. milk
4 egg whites
4 tbsp. sugar

Cream margarine and sugar. Sift together dry ingredients and add alternately with milk to creamed mixture. Fold in the stiffly beaten egg whites (to which 4 tbsp. sugar has been added).

Pour mixture into muffin pans and steam for about 20 minutes.

ROYAL BIBINGKA

3 eggs
1½ c. sugar
1 c. thick coconut milk
2 c. flour
4 tsp. baking powder
½ tsp. salt

Beat eggs until light and fluffy. Add sugar gradually, then milk, beating continually. Sift together dry ingredients and fold into egg mixture. Pour batter into 2 round pans lined with wilted banana leaves. Bake in moderately hot (375 F.) oven until nicely browned. Spread tops with butter, sprinkle with sugar.

"COFFEE BREAK" CAKE

4 tbsp. margarine
3 tbsp. sugar
¼ tsp. salt
3 eggs, well beaten
½ c. milk
2 c. flour
2 tsp. baking powder

Mix first 4 ingredients. Sift together dry ingredients and add alternately with milk. Pour batter into a square pan. Bake in moderately hot oven. Cut in squares; serve warm.

They say that parents' occupation usually have a direct influence on their children.

A man one day invited his pal to a coffee date. His bride of a few weeks served good steaming coffee, but when the guest took a bite on the biscuit, he said to himself, "Joseling does not have to tell me his wife's father is a manufacturer of bricks."

Mrs. Housewife, don't let your cooking give you embarassing moments. Learn the secret of baking fluffy biscuits.

HOT BISCUITS

2 c. flour
4 tsp. Royal Baking Powder
½ tsp. salt
1 tbsp. sugar
4 tbsp. margarine
2/3 c. milk

Sift together dry ingredients. Cut in margarine with a knife. Add milk and stir just enough to dampen flour. Turn dough into floured board, pat very gently, and roll to ½ inch thickness. Cut with a floured biscuit cutter. Place biscuits on ungreased baking sheet and bake in a very hot oven. Serve piping hot with butter.

VARIATIONS

Butterscotch Biscuits	Roll Hot Biscuit dough into a rectangular piece. Brush with butter, sprinkle generously with brown sugar. Roll and cut in inch pieces. Place in greased muffin pans, cut side up. Bake in a hot oven.
Cinnamon Buns	Follow Butterscotch Biscuits, adding 1 tsp. cinnamon to brown sugar.
Raisin Buns	Follow Butterscotch Biscuits, adding ½ c. raisins before rolling.
Cheese Pinwheels	Follow Butterscotch Biscuits, using grated cheese in place of brown sugar. Ideal for topping meat and fish pies.
Pineapple Buns	Follow Butterscotch Biscuits using well drained crushed pineapple for filling.
Orange Buns	Follow Butterscotch Biscuits, using orange marmalade for filling.

MANGO SHORTCAKE

Follow recipe for Hot Biscuits, adding 1 well beaten egg to milk.

Turn out dough on lightly floured board, pat gently. Roll ½ inch thick; cut into one big round piece. Place on greased baking sheet and bake in a hot oven. Split. Butter generously and put together again with a filling of sliced canned mangoes and cream. Top with more mangoes and cream.

VARIATIONS

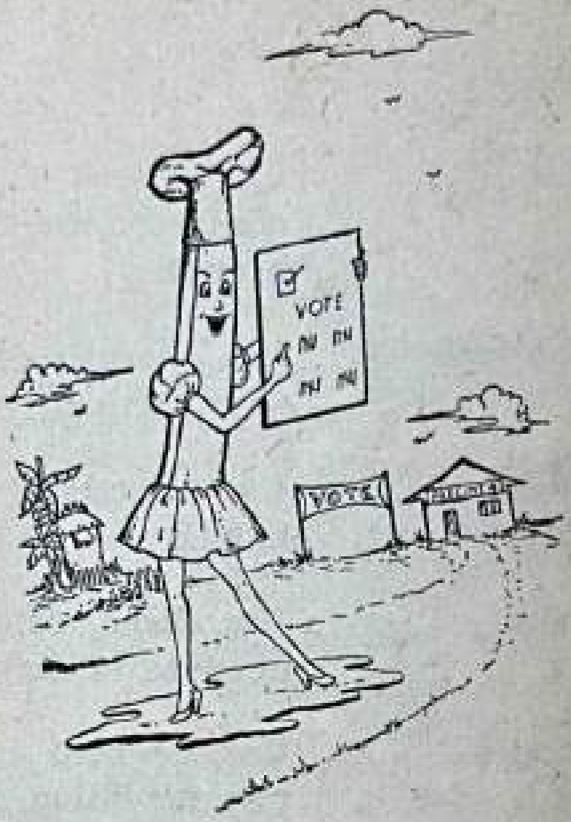
Banana Strawberry Shortcake	Use sliced bananas and crushed sweetened strawberries.
Strawberry Shortcake	Use crushed sweetened strawberries.
Orange Shortcake	Use sweetened orange segments.
Peach Shortcake	Use sliced canned peaches in place of mangoes.
Chicken Shortcake	Use creamed chicken mixture for filling.

MUFFINS

2 c. sifted flour
3 tsp. baking powder
¼ tsp. salt
3 tbsp. sugar
5 tbsp. oil
1 egg, well beaten
3/4 c. milk

Sift together dry ingredients. Add oil and sugar to egg; beat well. Add flour alternately with milk. Stir only enough to dampen flour. Spoon mixture into greased muffin pans, filling 2/3 full. Bake in hot oven

For Raisin Muffins, add ½ c. raisins.



BANANA MUFFINS
(The Winner)

Follow recipe and instructions for Muffins. Adding 2 mashed ripe bananas. Reduce milk to 5 tbsp. Bake in moderately hot oven.

For pineapple muffins, use drained crushed pineapple.

There was a humorist who called a waffle "a pancake with a non-skid tread". Putting the joke aside, a waffle is a delicious thing, especially when it's oozing with butter and honey. Add a cup of steaming coffee (make it strong as Gibraltar), and woe to the man who would ask for anything else (for breakfast I mean) — because as we all know, "man does not live by bread alone".

WAFFLES

2 c. sifted flour
3 tsp. baking powder
¼ tsp. salt
2 tsp. sugar
2 eggs
1 c. milk
5 tbsp. melted butter

Sift together dry ingredients. Beat eggs in bowl, add milk and butter. Add to dry ingredients and mix until blended. Bake in hot waffle iron.

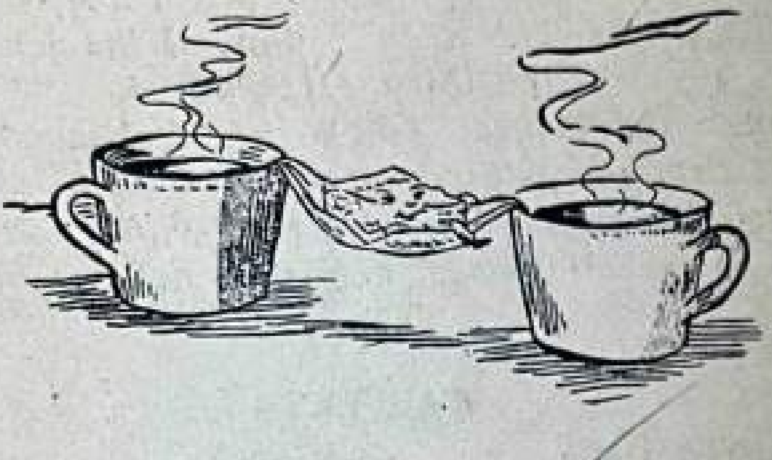
Serve hot with butter and honey.

CHOCOLATE WAFFLES

½ c. margarine
1 c. sugar
2 eggs
½ c. milk
1½ c. flour
½ c. cocoa
2 tsp. baking powder

Cream margarine, add sugar gradually. Add eggs, one at a time, beating well after each addition. Add sifted dry ingredients alternately with milk. Bake in hot waffle iron.

Put together with Cream Filling and cut in wedges to serve.



COFFEE CAKE

1½ c. flour
½ c. sugar
2 tsp. baking powder
¼ tsp. salt
2/3 c. milk
3 tbsp. melted shortening

Sift together dry ingredients. Beat egg; add milk and shortening. Stir liquids into dry ingredients, mixing just enough to dampen flour. Pour into greased pan, sprinkle with Topping and bake in a hot oven.

TOPPING

2 tbsp. margarine
4 tbsp. sugar
4 tbsp. flour
½ tsp. cinnamon

Mix ingredients together to consistency of coarse crumbs and sprinkle over coffee cake batter before baking.

CRACKNEL

6 c. flour
4 tsp. baking powder
1/2 tsp. salt
3/4 c. sugar
1½ c. margarine

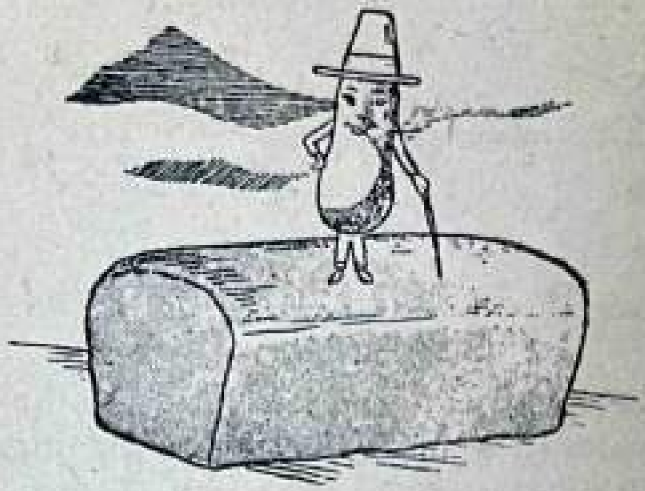
Sift together dry ingredients. Cut in the margarine, then add water just enough to hold the ingredients together. Roll on floured board about ½ inch thick. Cut with a round cutter. Place on ungreased cookies sheet and bake until brown in hot oven. While hot, split.

Reduce heat of oven, return the cracknels and toast slowly.

BANANA BREAD

½ c. margarine
1 c. sugar
2 eggs, well beaten
1 c. mashed ripe bananas (lakatan)
1 tsp. lemon juice
2 c. sifted flour
3 tsp. baking powder
½ tsp. salt
½ c. chopped nuts

Cream margarine and sugar; and eggs. Press bananas thru sieve and add lemon juice; blend with creamed mixture. Sift together dry ingredients and mix into banana mixture. Add nuts. Bake in greased loaf pan in moderate oven for about 1 hour.



PEANUT BUTTER BREAD

2	c. flour
3	tsp. baking powder
½	tsp. salt
½	c. sugar
¼	c. peanut butter
¼	c. margarine
2	eggs, well beaten
¼	c. milk

Sift dry ingredients together. Cut in peanut butter and margarine. Stir in milk and eggs. Pour mixture in greased loaf pan and bake in a moderate oven for 1 hour.

KASUY NUT BREAD

3	c. sifted flour
3	tsp. baking powder
1/2	tsp. salt
2/3	c. sugar
2	eggs, beaten
1	c. chopped kasuy nuts
¾	c. milk
4	tbsp. shortening

Sift dry ingredients together and add nuts. Combine remaining ingredients and stir into flour mixture. Blend well: Pour into 2 greased loaf pans and bake for 1 hour in a moderate oven.

MARMALADE-NUT BREAD

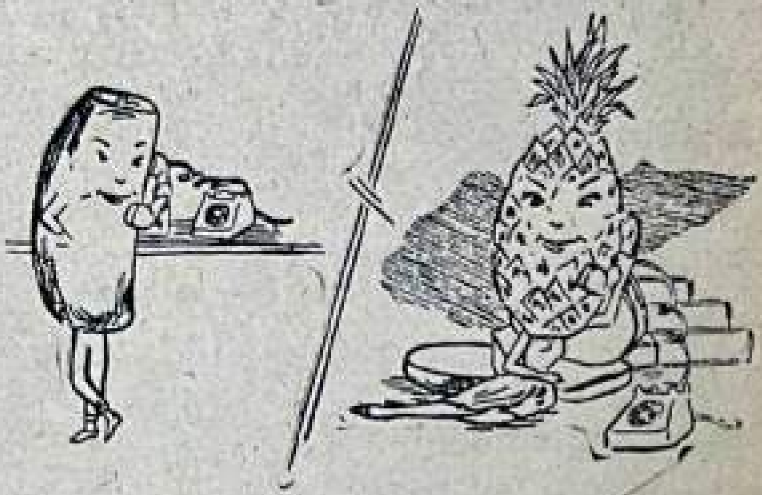
2½ c. flour
3 tsp. baking powder
1/2 tsp. salt
1/2 c. chopped nuts
3/4 c. milk
2 eggs, beaten
1/2 c. orange marmalade
4 tbsp. melted shortening

Sift dry ingredients together and add nuts. Combine rest of ingredients and add to flour-nut mixture; mix enough to dampen flour. Pour into greased loaf pan. Bake in a moderate oven for 1 hour.

ORANGE RAISIN BREAD

2½ c. flour
3 tsp. baking powder
1/2 tsp. salt
2 eggs
1/2 c. water
4 tbsp. orange juice
Orange rind
3/4 c. sugar
4 tbsp. melted butter
1/2 c. chopped raisins

Sift together dry ingredients. Beat eggs well; add water, orange juice, rind and melted butter. Pour into flour mixture, mix till flour is just blended; do not overmix. Bake in moderately hot oven.



PINEAPPLE BREAD

2½ c. flour
1/2 tsp. salt
3/4 c. sugar
3 tsp. baking powder
1/2 tsp. baking soda
1 c. bran cereal
1/2 c. chopped kasuy nuts
1 c. crushed pineapple
4 tbsp. oil
2 eggs

Sift together dry ingredients. Combine remaining ingredients and add to flour mixture. Pour into a greased loaf pan and bake in a moderate oven.

William Saroyan's "The Human Comedy" is more than a classic. The threads of hardships, grief and joy are interwoven into the fabric of "life" with such candid artistry and deep feeling that the reader cannot help but imagine himself being part of that life.

One facet of the story one remembers is the love of a mother for her son; how she helped him and stood by during his low moments. According to her, "There will always be pain in things; hate dies every minute, but love is immortal." Takoohi was her name — that patient woman who was a good mother and an equally good cook.

HONEY ORANGE BREAD

1 c. honey
4 tbsp. margarine
2 eggs, beaten
2 c. flour
2 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
½ c. orange juice
Grated orange rind
½ c. chopped nut.

Cream honey and margarine together until fluffy; add eggs and orange rind. Sift together dry ingredients and add alternately with orange juice. Add nuts. Pour mixture into greased loaf pan which had been lined with waxed paper. Bake in slow oven for I hour.

Keep for 1 day before serving.

QUICK YEAST ROLLS

½ c. lukewarm water
1 tsp. salt
2 tbsp. sugar
1 tbsp. granulated yeast
1 egg, beaten
3 tbsp. margarine
2½ c. flour

Combine water, salt and sugar. Add yeast and stir until it is dissolved. Add egg and margarine. Add flour and knead on slightly floured board until smooth and elastic to the touch. Shape into rolls. Let rise. Brush tops of rolls with beaten egg and bake in a hot oven.

A good dough for bread and rolls should be like the sun — "it is light when it rises".

A good recipe, thorough kneading, and the addition of eggs are the 3 secrets to light, tender bread and rolls.

YEAST ROLLS

2/3 c. boiling water
4 tbsp. oil
3 tbsp. sugar
½ tsp. salt
1 tbsp. granulated yeast
3 c. flour
1 egg, beaten

Combine first 4 ingredients; cool to lukewarm, add yeast and stir until dissolved. Add 1 cup flour, mix well, cover and set aside until foamy.

Add egg to sponge with remaining flour. Knead on floured board until smooth and elastic to touch. Let rise again.

Cut down dough by kneading. Shape. Place rolls on greased baking sheet and set aside to rise. Brush tops of rolls with beaten egg and bake in a hot oven.

Bread Sticks	Shape dough into thin long sticks about 6 inches long.
Cinnamon Rolls	Roll dough into a rectangle; spread with butter, sprinkle with sugar and cinnamon. Roll like a jelly roll, cut in inch pieces. Place in greased muffin pans, cut side up. Bake in hot oven. Glaze tops with Confectioner's Icing.

Cloverleaf Rolls	Take pieces of dough and shape into small balls. Place 3 in each greased muffin pan. Let rise. Brush tops with beaten egg and bake in a hot oven.

RAISIN TEA RING

Follow recipe for Yeast Rolls. Roll dough into a rectangular piece on floured board. Brush with margarine, sprinkle with raisins. Roll like a jelly roll and form into a ring on greased baking sheet. Using a pair of scissors, cut ring around edge at 1 inch intervals, leaving inner edge intact. Let rise until light. Brush top with beaten egg and bake in a hot oven. Frost top with Confectioner's Icing.

BOLLOS DE BODA

2/3 c. lukewarm water
2 cakes compressed yeast
1/2 c. margarine
1/2 c. sugar
3 egg yolks.
4 c. flour

Dissolve yeast in lukewarm water. Beat margarine, sugar, salt and egg yolks with egg beater until smooth; add to yeast. Add flour and mix. Cover with a damp cloth and let rise. Turn out dough on floured board. Shape bits of dough into small finger rolls, and place on greased baking sheet. Let rise. Bake in a moderately hot oven.

ENSAIMADAS

½ c. lukewarm water
1 cake compressed yeast
2 c. flour
4 tbsp. margarine
4 tbsp. sugar
4 egg yolks

Dissolve yeast in lukewarm water; and ½ c. flour. Stir well, then cover and aside until foamy. Cream margarine, add sugar, then egg yolks. Add this to yeast mixture and remaining flour. Turn dough into a floured board and knead lightly until smooth and elastic to the touch. Divide dough into 4 portions, form into balls and set aside for about 10 minutes.

On floured board, roll each portion thin, stretching it with light quick hands. Spread generously with butter; roll loosely and form into a coil. Place on greased fluted pans; set aside to rise. Bake in hot oven. Brush tops with butter, sprinkle with sugar.

HOT MERIENDA BREAD

2 eggs
3 tbsp. sugar
5 tbsp. margarine
¼ tsp. salt
2 c. flour
¼ c. lukewarm water
1 tbsp. granulated yeast

Beat eggs well; add sugar. Add margarine, salt and flour. Dissolve yeast in water and add. Beat well for about 3 minutes. Place mixture in greased loaf pan and let rise. Bake in a moderately hot oven for half an hour.

YEAST CAKE

1/2 c. lukewarm water
1 tbsp. granulated yeast
1 tbsp. sugar
3/4 c. flour
6 egg yolks
3/4 c. oil
1/2 c. sugar
1/2 c. milk
2 c. flour
Anise seeds

Dissolve yeast in water; add sugar and flour. Let rise until foamy.

To sponge, add egg yolks and the remaining ingredients. Divide mixture into fluted pans lined with thin paper then greased. Fill pans only half full. Let rise and bake in a moderate oven. Brush tops with butter, sprinkle with sugar.

Serve with hot chocolate.

A naughty radio commentator defined a politician as a person:

Who shakes your hand before election, and your confidence later.

Whose greatest asset is his lie-ability.

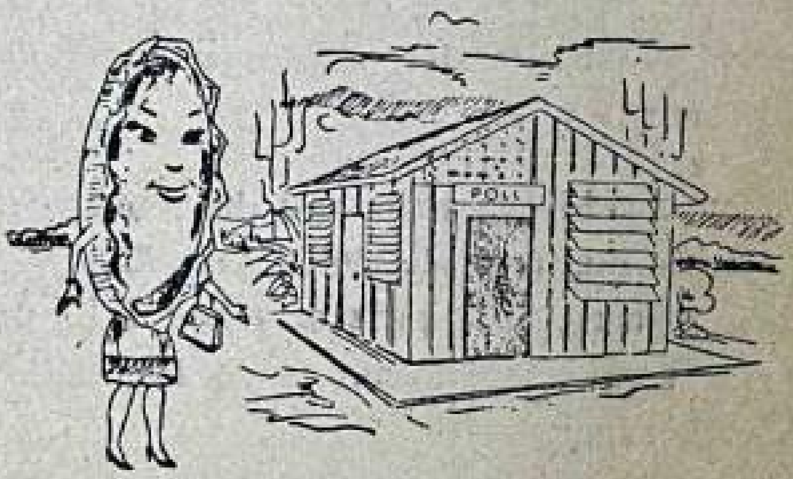
Who has the art of obtaining money from the rich and votes from the poor, on the pretext of protecting one from the other.

Whose favorite song is I Get A Kickback Out Of You.

Who makes life a bed of ruses.

Whose favorite dish is the political pie.

But I know a politician who is a wonderful person. His hobby is not speech making, but puttering around the kitchen, helping his wife baking cakes (for himself and the voters). This is his specialty.



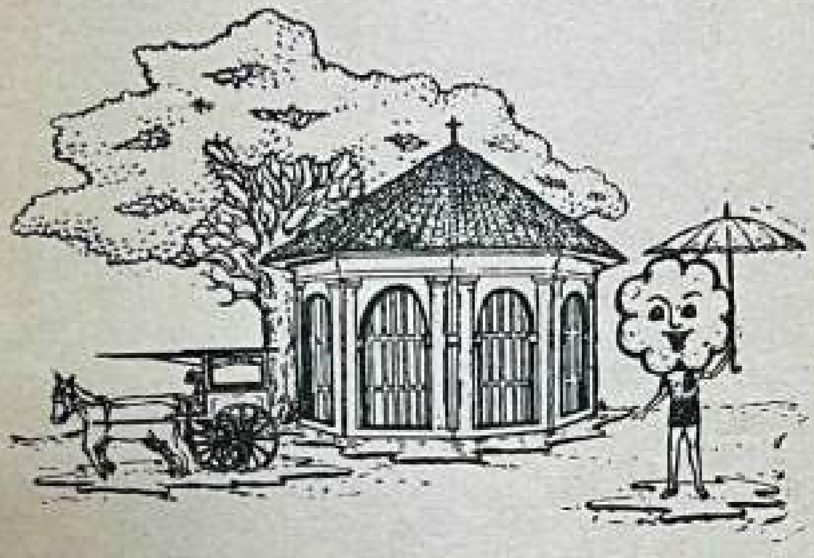
ELECTION CAKE
(Mango Rum Baba)

Follow recipe for yeast cake. Place dough in greased round tube pan; set aside to rise. Bake in moderately hot oven.

Make syrup of 1 c. sugar and ½ c. mango juice. Flavor with 2 tbsp. rum. Pierce baba with fork, then pour syrup slowly over the whole.

Among our friends, there is one we consider an Ace. His name is Tommy. His many-faceted talents are evident in his being a manager of a dress shop, interior decorator, florist and cook par excellence. He makes superb pancit and paella, light-as-cloud ensaimadas, desserts that melt in the mouth, and the most delicious torta under this side of Heaven. But above all these, he is a wonderful friend!

In all generosity, he offered this following recipe:



TORTA CEBUANA

½ tbsp. yeast
½ tbsp. sugar
½ c. lukewarm water
½ c. flour
½ c. sugar
½ c. corn oil

Anise seeds
4 tbsp. milk
15 egg yolks
½ c. butter
½ c. grated cheese
2½ c. flour

Add yeast and sugar to lukewarm water, then add flour. Mix, and set aside to rise.

To sponge add rest of ingredients, mixing well to blend. Divide mixture into fluted "torta" pans lined with thin paper then greased. Fill pan only half full. Let rise and bake in a moderate oven. Sprinkle tops with sugar.

CHAPTER IX

COOKIES

and

CAKES

116 Choice Recipes

From a book jokes came this story:

It happened on one of those afternoons when my sister was trying desperately to keep Bogey and Manny away from the cookies. "Little boys", she warned them, "there is a ghost in that big jar where the cookies are kept". "That's funny, Auntie", the bigger boy answered, "that he is in there and you never blame him when the cookies are gone..... instead you always blame me".

Mother, please don't blame the children if they have a weakness for cookies. Why don't you just bake more and more?

Happy is the home where the cookie jar is always full!

SUGAR COOKIES

2½	c. flour
1	c. sugar
¼	tsp. salt
2	tsp. baking powder
½	c. margarine
2	eggs, beaten
½	tsp. vanilla

Sift together dry ingredients. Cream margarine and sugar. Add eggs and vanilla, then dry ingredients. Roll and cut. Sprinkle with sugar and bake in a hot oven.

When baking cookies, line cookie pans with waxed paper. This eliminates greasing.

Cinnamon Sugar Cookies	Sift ½ tsp. cinnamon with dry ingredients.
Chocolate Sugar Cookies	Sift 4 tbsp. cocoa with dry ingredients.
Black Beauties	Add 4 tbsp. chopped kasuy nuts. Cover tops of baked cookies with chocolate icing.
Open Sesame Cookies	Brush tops of cookies with beaten egg; sprinkle with linga.

COCONUT DROPS

1 c. margarine

2 c. brown sugar, packed

2 eggs, beaten

½ c. milk

3½ c. flour

½ tsp. salt

2 tsp. baking powder

1 c. shredded coconut

Cream margarine, sugar and eggs. Add milk, coconut, then sifted dry ingredients. Drop by teaspoonfuls on slightly greased cookie sheet, some distance apart. Bake in moderately hot oven.

VANILLA REFRIGERATOR COOKIES

½ c. margarine
1 c. sugar
1 egg
1 tsp. vanilla
2 c. sifted flour
½ tsp. soda
½ tsp. salt

Cream margarine. Gradually add sugar. Continue creaming until mixture is light and fluffy. Add egg and vanilla; mix well. Sift together dry ingredients and add to mixture. Shape into a roll 2 inches in diameter and wrap in wax paper. Chill in refrigerator. Cut into thin slices. Bake on cookie sheet in hot oven.

RAISIN CRISPIES

1 small box raisins
½ c. margarine
4 tbsp. water
½ tsp. vanilla
1 c. brown sugar, packed
3/4 c. sifted flour
½ tsp. salt
½ tsp. baking soda
½ tsp. cinnamon
1½ c. rolled oats

Wash raisins. Drain and combine with margarine and water; heat until shortening melts, stirring constantly. Cool. All vanilla and sugar. Sift together dry ingredients and blend into first mixture. Stir in oats. Drop by teaspoonfuls unto greased cookie sheet. Bake in moderately hot oven for about 10 minutes. Cool for 2 minutes, then remove to wire rack to cool.

RAISIN ROCKS

3 c. sifted flour
½ tsp. salt
2 tsp. baking powder
½ tsp. cinnamon
½ c. shortening
1½ c. brown sugar
2 eggs, beaten
½ c. milk
½ c. chopped nuts
1 c. chopped raisins

Cream shortening and sugar; add eggs. Sift together dry ingredients and add alternately with milk. Add nuts and raisins. Drop by teaspoonfuls on greased cookie sheets. Bake in moderate oven until brown.

DARK SECRETS

½ c. strong left-over coffee
½ c. margarine
1 c. sugar
1 egg
2½ c. flour
½ tsp. baking soda
Halved dates

Cream margarine and sugar, then add egg. Sift together dry ingredients and add to first mixture alternately with coffee. Wrap pieces of dough around dates and bake on greased baking sheet in moderately hot oven.

Cool and glaze tops with chocolate Icing.

OATMEAL COOKIES

1 c. flour
2 tsp. baking powder
½ tsp. salt
3 c. rolled oats
1 c. brown sugar
1 c. butter, melted
4 tbsp. boiling water

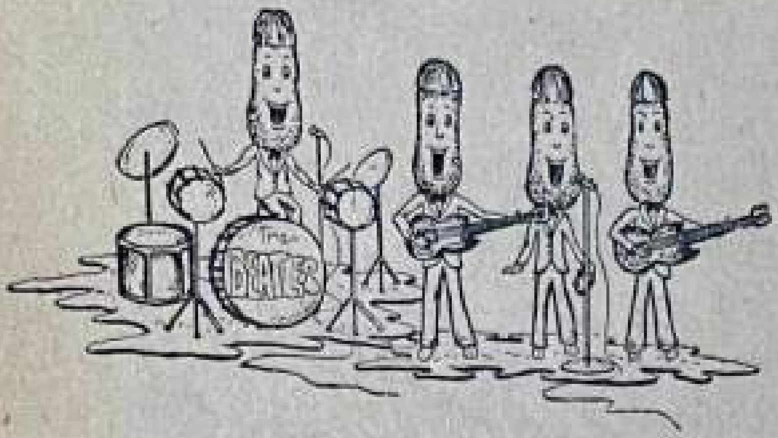
Sift together flour, baking powder and salt. Add oats and sugar; mix. Add butter and boiling water and mix well. Form into rolls and wrap in waxed paper. Chill several hours. Slice and bake in moderate oven for about 10 minutes.

BANANA OATMEAL COOKIES

1½ c. flour
½ tsp. salt
½ tsp. baking soda
½ tsp. cinnamon
3/4 c. shortening

1 c. sugar
1 egg
1 c. mashed ripe bananas
½ c. chopped nuts
1¼ c. rolled oats

Cream shortening and sugar; add egg and beat until fluffy. Add bananas, nuts and oats. Add sifted dry ingredients and blend. Drop by teaspoonfuls some inches apart on ungreased cookie sheets. Bake in hot oven. Remove the baked cookies from pan at once.



PEANUT BEATLES

2 eggs

2/3 c. oil

3/4 c. sugar

½ tsp. vanilla

2 c. flour

2 tsp. baking powder

½ tsp. salt

Roasted peanuts

Beat eggs until light and foamy; add oil, little by little, vanilla and sugar, beating continually.

Sift together dry ingredients and add to first mixture. Drop by teaspoonfuls, some distance apart, on cookie sheet lined with wax paper. Press a peanut in the middle of each cookie, sprinkle with brown sugar.

Bake in a hot oven.

PEANUT COOKIES

- 2 c. flour
- ½ tsp. soda
- ½ tsp. cinnamon
- ¼ tsp. salt
- 1 c. margarine
- 1 c. brown sugar, packed
- 1 egg
- 1 c. chopped roasted peanuts

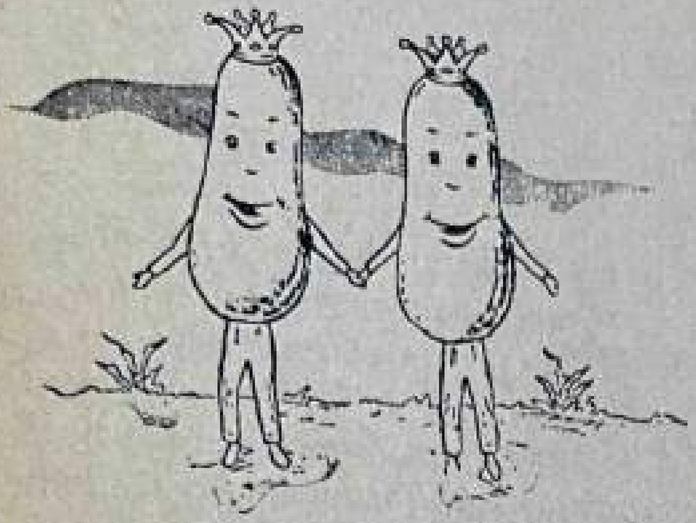
Cream margarine, add sugar gradually. Add the beaten egg, mixing well. Blend in the dry ingredients which had been sifted together and ½ of peanuts. Pat dough thin on greased cookie sheet into a rectangular piece. Brush top with beaten egg. Scatter remaining peanuts on top, pressing them lightly into dough. Bake in a moderate oven. Break into irregular pieces while warm. Cool and store.

PINEAPPLE COOKIES

- 2/3 c. margarine
- 1 c. sugar
- 1 egg, beaten
- 4 tbsp. pineapple jam
- 2½ c. sifted flour
- 1 tsp. baking soda

Cream margarine, add sugar gradually, creaming until fluffy. Add egg, jam, and sifted dry ingredients. Drop by teaspoonfuls some inches apart on ungreased baking pan. Bake in moderate oven until golden brown.

Top cookies with bits of pineapple jam and serve.



PEANUT CROWNS

1	c. butter
2	c. sugar
3	eggs, well beaten
4	tbsp. milk
1	tsp. baking powder
½	c. chopped roasted peanuts

Flour to make soft dough

Mix in the order given. Take small pieces of dough, roll like fingers then join the ends. With a blunt knife, make impressions on tops of cookie rings to resemble crowns. Bake on slightly greased cookie sheet in a moderate oven.

As one studies the different governments of countries all over the world, and their prevailing weaknesses, perhaps there is reason to believe that "the best form of government belongs to the beehive".

In the Bee Kingdom, the queen, soldiers and workers have their own particular duties to perform, and each one does it with the highest sense of loyalty. The worker bees sip the flowers' nectar and transform it into honey. After some weeks of hard work, they drop on distant meadows, these tiny unsung and unknown heroes that die in the line of duty.

The honey is stored in their house of wax which cells are perfectly equal to one another that they are the greatest marvel and challenge of modern engineers. And even chemists cannot fully analyze the components of "this purest kind of sugar".

In partaking of this delicious gift from the bees, let us bear in mind that it is the product of hundreds of "dedicated little lives". May their message of loyalty to duty inspire all men!

HONEY DATE BARS

1 c. flour
¼ tsp. salt
1 tsp. baking powder
½ c. chopped dates
½ c. chopped nuts
2 eggs, well beaten
4 tbsp. melted butter
3/4 c. honey

Sift together dry ingredients and mix with dates and nuts. Combine eggs with butter and honey, blending well. Add this mixture to dry ingredients and stir until well mixed. Pour into well greased square pan. Bake in a moderate oven until golden brown. Cut into bars.

HONEY COOKIES

½ c. margarine
½ c. honey
½ c. brown sugar
1 egg, well beaten
4 tbsp. peanut butter
2 c. flour
½ tsp. baking soda

Sift flour and baking soda together.

Mix ingredients in the order given. Drop by teaspoonfuls on greased cookie sheet; flatten tops with fork. Bake in moderate oven.

CORNSTARCH COOKIES I

1 c. butter
1½ c. sugar
3 egg yolks
2 eggs
½ tsp. vanilla
1 lb. cornstarch
1 c. sifted flour

Mix in the order given.

Proceed like Honey Cookies.

CORNSTARCH COOKIES II

1½ c. flour
1½ c. cornstarch
1 tbsp. baking powder
4 egg yolks, well beaten
½ c. sugar
¼ tsp. salt
½ c. coconut milk
4 tbsp. margarine
Anise

Sift together flour, cornstarch and baking powder.

To well beaten yolks, add sugar gradually. Add coconut milk then margarine. Blend in the dry ingredients and anise. Roll thin on floured board; cut. Bake on ungreased cookie sheet in a moderate oven.

LENGUAS DE GATO

½ c. butter
½ c. sugar
2 egg whites
1¼ c. flour (about)
¼ tsp. vanilla

Preheat oven to 400 F.

Line baking sheets with wax paper, grease lightly then dust with flour.

Cream butter and sugar. Add egg whites one by one, beating well. Fold in flour and vanilla.

Fill cooky press. Using the smallest plain tube, press out strips of batter about 2 inches long on prepared baking sheets some distance apart, to allow for spreading. Bake until edges of cookies are golden brown. Remove cookies from baking sheets at once. Cool and store.

COCONUT STICKS

White bread, one day old
Condensed milk
Shredded coconut

Cut bread into strips, then toast lightly. Spread all over with condensed milk, roll in coconut. Place on cookie sheet lined with foil and toast in oven.

For Cheese Sticks, use grated cheese.

ORANGE STICKS

5 tbsp. butter
½ c. sugar
1 egg yolk
Grated orange rind
1½ c. flour
½ tsp. baking powder
2 tbsp. orange juice

Cream together butter, sugar, egg yolk and rind. Add orange juice, then the sifted dry ingredients. Wrap dough in waxed paper and chill overnight. Form into sticks 3 inches long. Place on greased cookie sheet, sprinkle with sugar and bake.

ORANGE-COFFEE GEMS

3 c. flour
1 tsp. baking powder
½ tsp. soda
1 c. butter
1 c. sugar
1 egg, unbeaten
Grated orange rind
4 tbsp. orange juice

Sift together dry ingredients.

Cream butter, add sugar, mixing well. Add egg, then orange rind and juice. Mix, then add the dry ingredients. Drop by teaspoonfuls some distance apart, on cookie sheet lined with wax paper. Flatten tops of cookies with fork. Bake in hot (400 F.) oven.

While warm, brush cookies with Confectioner's Icing, flavored with Coffee.

BINGO PILI BARS

½ c. margarine
1¼ c. sugar
6 egg yolks, well beaten
2 c. flour
1 tsp. baking powder
Grated orange rind
1 small box chopped raisins
1 c. chopped pili nuts

Mix in the order again. Bake in greased rectangular pan in moderate oven. Cool and cut into bars.

COCONUT BARS

1 c. flour
½ c. margarine
4 tbsp. powdered sugar
2 eggs, well beaten
1 c. sugar
1 tbsp. lemon juice
2 tbsp. flour
½ tsp. baking powder
1 c. shredded coconut

Cream margarine; add powdered sugar then flour. Spread eventually on ungreased square pan. Bake in a moderate oven for about 20 minutes. Mix remaining ingredients and spread this mixture on first layer as soon as it comes from the oven. Return to oven, and bake in moderate heat for half an hour. Cut at once into bars. Cool on rack and store.

KASUY-CHEESE TWISTS

1 recipe Plain Pastry
4 tbsp. grated cheese
4 tbsp. chopped kasuy nuts

Roll grated cheese into pastry. Cut in strips. Roll in chopped nuts then twist. Place on ungreased cookie sheet and bake in a hot oven.

A special accompaniment for salads.

FOOD FOR THE GODS
(Manjar de los Dioses)

4 eggs
1 c. brown sugar
1 c. fine breadcrumbs
1 tsp. baking powder
½ c. chopped nuts
½ c. chopped dates
6 tbsp. flour

Beat eggs until light and fluffy. Add sugar gradually, then add breadcrumbs and baking powder. Fold in nuts and crumbs which had been dredged with flour. Bake in greased square pan lined with waxed paper in a moderate oven. Cool. Cut in squares and serve with cream.

Once we had a cook who was absent-minded and stubborn; and altho' she did not know the difference between a and z, she would pretend to read my precious cook books, staining the pages with grease. There was a time when she forgot the baking powder in a recipe so the finished biscuits were hard as bricks.

One day, when she became just "impossible", my cousin commented, "hoping for a reformed Lucia is like expecting rain in the Sahara".

Fortunately, after months of scolding, coaxing, and patient coaching, she finally made a grade. And her specialty is the following:

SAHARA DATE BARS

1½	c. dates, cut in pieces
1	c. chopped nuts
4	tbsp. flour
1	c. sugar
1	tsp. baking powder
2	tbsp. margarine
2	eggs, well beaten
1	c. milk
1	c. fine breadcrumbs

Dredge dates and nuts with flour. Cream margarine, add sugar mixed with baking powder and eggs. Add milk, breadcrumbs and date-nut mixture. Pour mixture into greased square pan lined with waxed paper. Bake in moderate oven. Cut in bars.

CREAM PUFFS

1 c. water

½ c. oil

1 c. flour

4 eggs

Heat water and oil in saucepan. When it boils, add flour all at once. Stir vigorously until flour forms into a mass and leaves sides of pan. Remove from fire, place in bowl and cool slightly. Add eggs, one at a time, beating well after each addition until mixture loses its gloss. Form into balls on ungreased cookie sheet. Bake in a hot oven for about 15 minutes; when well puffed, reduce heat to moderate and bake for 25 more minutes. Cool cream puffs. With a sharp knife, make a slit near base of each puff and fill with Cream Filling. Glaze tops with Confectioner's Icing.

Eclairs	Shape Cream Puff mixture into fingers about 3 inches long. Proceed like Cream Puffs.
Chocolate Eclairs	Fill with Chocolate Cream Filling, Glaze tops with chocolate icing, sprinkle with chopped nuts.

BUÑUELOS

Follow recipe for Cream Puffs, using 2 tbsp. oil.

Drop mixture by small teaspoonfuls into hot fat and fry until brown. Dust with sugar, or drop in syrup.

MAHARLIKA GEMS

½ c. butter
1 c. sugar
4 tbsp. milk
2 c. flour
½ c. cornstarch
4 tsp. baking powder
5 egg whites

Cream butter, add sugar gradually. Sift together dry ingredients and add with milk to first mixture, Fold in the stifffy beaten egg whites. Bake in tiny greased muffin pans. Cool and dip tops in syrup.

BROWNIES

½ c. margarine
1 c. sugar
2 eggs, unbeaten
3/4 c. flour
½ tsp. baking powder
½ tsp. salt
5 tbsp. cocoa
4 tbsp. powdered milk
½ tsp. vanilla
½ c. chopped nuts

Preheat oven to 375 F.

Cream together margarine, sugar and eggs. Sift together dry ingredients and add. Stir in chopped nuts. Bake in greased square pan for about 30 minutes. Cool slightly, then cut in squares.

BUTTERSCOTCH—COCO TIDBITS

½ c. oil
2 c. brown sugar
2 eggs, unbeaten
½ tsp. vanilla
1½ c. flour
2 tsp. baking powder
1 tsp. salt
1 c. fine dessicated coconut
3 tbsp. water

Mix oil, sugar, eggs and vanilla.

Sift together dry ingredients and add to first mixture. Moisten coconut with water and add last. Pour mixture into greased 9 x 13-inch pan and bake in moderate oven for 30 minutes.

Cool and cut into bite-size pieces.

A-GO-GO BANANA DAINTIES

2 c. flour
1½ c. sugar
1 tsp. baking powder
1 tsp. salt
½ tsp. soda
½ tsp. cinnamon
½ c. butter
2/3 c. mashed ripe bananas (lakatan or bungan)
2 eggs, unbeaten
½ c. milk
½ c. chopped nuts

Sift together dry ingredients. Add butter and bananas and beat well. Add egg and milk, and the nuts last.

Place mixture in greased 9 x 13-inch rectangular pan and bake in moderate oven for about 35 minutes.

While warm, spread top with Lemon Glaze made by mixing 1 tbsp. butter, 1 tbsp. calamansi juice, 1 tbsp. water and enough confectioner's sugar.

Cut into squares.

JELLY ROLL

1	c. cake flour
1	tsp. baking powder
¼	tsp. salt
6	eggs
1	c. sugar
4	tbsp. water
½	tsp. vanilla or lemon flavoring

Preheat oven to 375 F.

Grease bottom and sides of a 12 x 16-inch jelly roll pan. Line bottom of pan with wax paper and grease again.

Beat egg yolks until thick and lemon colored. Add ¼ c. sugar gradually, beating well. Add water and vanilla, beat to mix. Fold in the sifted dry ingredients.

Beat egg whites until soft peaks form. Add ¾ c. sugar and continue beating until stiff. Fold in the egg-yolk-flour mixture. Pour batter into prepared pan. Bake for about 18 minutes.

Loosen edges of cake and turn upside down on a towel sprinkled with sugar. Carefully remove wax paper. While still hot, roll cake and towel. Cool.

Unroll cake, remove towel. Spread with soft jelly and roll again.

Serve in slices.

VARIATIONS:

CREAM ROLL ...... Use Cream Filling instead of jelly.
CHOCOLATE ROLL ..... Use Chocolate Cream Filling.
MOCHA CREAM ROLL ...... Use Mocha Cream Filling.
MACAPUNO ROLL .. Use Cooked Macapuno for Filling.
BANANA CREAM ROLL ....Use Banana Cream Filling.
ORANGE ROLL .... Use Orange Marmalade for Filling.

FLOR DE INVIERNO

Follow recipe for Jelly Roll. Bake in 2 round layer cake pans. Put together with Cream Filling. Spread top with sweetened whipped cream. Chill. Decorate top with 3 sugar roses.

This cake is a tribute to my father-in-law, who, in the twilight of his years, has written a book of poems in Spanish entitled Flor de Invierno.

BRAZO GITANO

Follow recipe for Jelly Roll, but instead of 1 c. flour, use 3/4 c. flour and 4 tbsp. cocoa.

For filling, use Chocolate Cream Filling.

Or use Chocolate Ice Cream for filling. Wrap roll in aluminum foil and keep in freezer until serving time.

SUNSHINE SPONGE CAKE

3/4	c. egg whites
½	tsp. cream of tartar
¼	tsp. salt
6	egg yolks
1	c. sugar
1	c. sifted cake flour
1	tsp. baking powder
4	tbsp. cold water
½	tsp. lemon extract

Grated lemon rind

Preheat oven to 325 F.

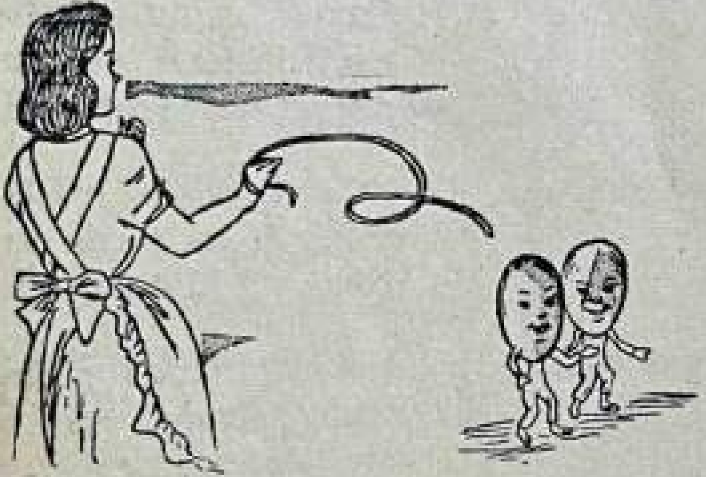
Beat egg yolks until thick. Add sugar gradually. Combine water, lemon extract and rind and add to egg yolks alternately with flour and baking powder. Beat egg whites with cream of tartar and salt until stiff. Gently fold the egg yolk mixture into the beaten egg whites. Pour into ungreased cake and bake for about 30 minutes. When done, invert pan and let hang until cake is cold. Remove from pan and frost with a butter icing.

Cooks are sometimes very unfortunate people. For after a hot day in the kitchen stirring jams, baking pastries, and making cookies, people outside the kitchen door call us cruel—and simply because we pull the corn's ears, beat the eggs and whip the cream.

But if beating the eggs is essential to get the best result, go ahead with the job, dear fellow kitchener. And when the cake is done and the delicious smell invades the front porch, I bet my rolling pin that those brats would change their minds.

A chiffon cake, for instance, gets its airy lightness from the proper beating of the eggs.

Do I hear anyone mention anguish? Oh yes, when I hesitate to cut the cake for the young ones, these boys murmur something about suing me for giving them mental anguish and gastronamical torture!



CHIFFON CAKE

2¼ c. sifted cake flour
1½ c. sugar
3 tsp. Calumet baking powder
½ tsp. salt
½ c. oil
6 egg yolks, unbeaten
½ c. cold water
½ tsp. vanilla
1¼ c. egg whites
½ tsp. cream of tartar

Preheat oven 325 F.

Sift together into mixing bowl flour, baking powder, salt, and one half of sugar. Make a "well" in flour and add in order the oil, egg yolks, cold water and vanilla. Beat with a spoon until smooth.

Beat egg whites and cream of tartar until stiff peaks are formed. Add remaining sugar gradually, beating continually. Pour egg yolk mixture over beaten egg whites gently, folding with rubber scraper until just blended. Pour into ungreased angel cake pan. Bake for about 50 minutes. When cake is done, invert and let hang until cake is cold.

VARIATIONS

Orange Chiffon	Follow recipe for Chiffon Cake, using grated orange rind instead of vanilla and orange juice instead of water.
Chocolate Chiffon	Follow recipe for Chiffon Cake, using ½ c. cocoa and 1 3/4 c. flour. Add 4 tbsp. more sugar.
Mocha Chiffon	Follow recipe for Chiffon Cake, using strong cold coffee instead of water.
Coconut Chiffon	Follow recipe for Chiffon Cake. Fold in carefully 1 c. dessicated coconut into cake before pouring into pan.
Chocolate Chip Chiffon ..	Follow recipe for Chiffon Cake. At the last, sprinkle over batter and fold in carefully with a few strokes, 3 squares grated semi-sweet chocolate.

Raisin-Nut Chiffon ..... Follow recipe for Chiffon Cake. At the last, sprinkle over batter and fold in carefully with a few strokes, 4 tbsp. finely chopped raisins and 4 tbsp. finely chopped nuts.

STEAMED SPONGE CAKE

10 eggs
2 c. sugar
2½ c. flour
Lemon extract

Mix eggs and sugar in bowl. Beat with electric beater until light and fluffy. Blend in flour and flavoring.

Pour mixture into pan and steam for 45 minutes. Cut into squares.

12—KARAT GOLD CAKE

12 egg yolks
½ tsp. salt
2 c. sugar
¾ c. milk and water, scalded
¼ tsp. lemon extract
¼ tsp. vanilla
2½ c. Cake flour
2½ tsp. baking powder
½ c. butter, melted and cooled

Preheat oven to 350 F.

Beat egg yolks and salt until thick and lemon colored. Add sugar gradually while beating continually. Add milk and water and flavoring. Beat well to mix. Fold in the sifted dry ingredients. Fold in the melted butter last.

Pour batter into a greased 12 x 12-inch cake pan and bake until nicely browned.

A husband came home one night from an architects' meeting and started telling his wife about the new designs of houses and apartment buildings. Lydia was at first attentive, but later, perhaps recalling the baking failure she had that morning, sighed and said, "Pepe, you can have your buildings 7 stories up in the sky... what I aspire is just an angel cake 5 inches high".

You may think Lydia had an insignificant ambition — but don't you think a perfect angel cake is the crowning glory of a cook's culinary art and therefore worth her aspiration?

With that ambition in mind and a recipe on hand, hitch your egg beater to angel's wings and bake a cake that's fit for angels and men!

ANGEL CAKE

1¼ c. cake flour
½ c. sugar
1½ c. egg whites
1½ tsp. cream of tartar
1 tsp. vanilla
½ tsp. salt
¼ tsp. almond extract
1¼ c. sugar

Preheat oven to 375 F.

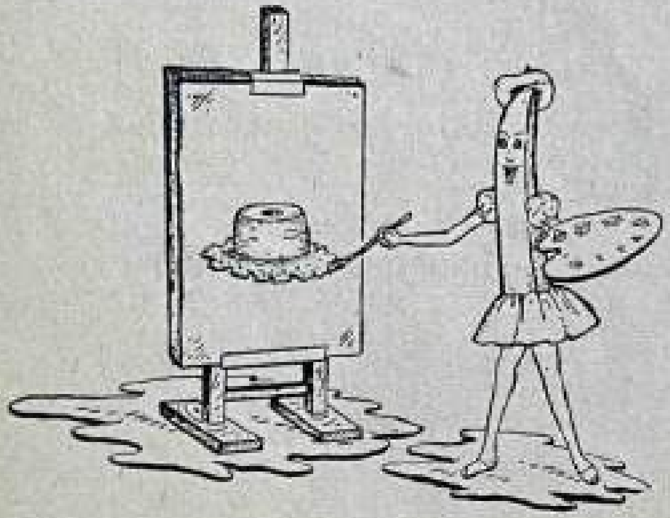
Combine flour and ½ c. sugar and sift together 3 times.

Beat egg whites, flavorings and salt until foamy. Add cream of tartar and beat until egg white form stiff peaks, but not dry. Add sugar, 2 tbsp. at a time until sugar is well blended. After last addition beat until meringue is firm and holds stiff straight peaks.

Place flour and sugar mixture in sifter and sift about 4 tbsp. at a time over the entire surface of meringue. Fold gently until blended.

Push batter into ungreased angel cake pan, being careful not to stir it. Cut through batter with knife to break large air bubbles. Level batter and be sure it touches sides of pan. Bake for about 40 minutes, reducing heat before cake starts to brown.

When cake is done, turn upside down and let hang until cold.



BANANA NUT CAKE

½ c. margarine
3/4 c. sugar
2 eggs, well beaten
2 c. sifted flour
2½ tsp. baking powder
1 tsp. baking soda
1 c. mashed ripe bananas (lakatan)
4 tbsp. chopped kasuy nuts
Sugar and cinnamon

Cream margarine and sugar. Add eggs. Sift together dry ingredients and add alternately with bananas to the first mixture, beating hard after each addition. Stir in nuts. Place mixture in a greased cake pan. Sprinkle top of batter with sugar and cinnamon and bake in a moderate oven.

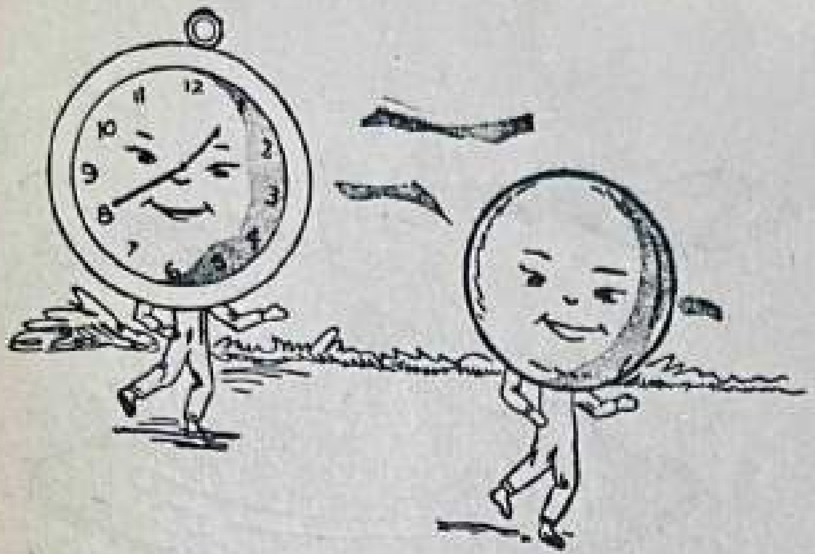
"FIESTA" BANANA CAKE

½ c. butter
1 c. sugar
2 eggs, beaten
2 c. flour
3 tsp. baking powder
½ tsp. cinnamon
¼ tsp. salt
¼ c. chopped nuts
1 c. mashed ripe bananas (lakatan)
¼ c. candied fruits
½ c. raisins

Cream butter, add sugar, then eggs.

Sift together dry ingredients and add to first mixture alternately with bananas. Fold in nuts, candied fruits, and raisins. Mix just enough to blend. Bake in moderate oven.

Cool and top with Confectioner's Icing.



5-MINUTE CAKE

2	c. flour
2/3	c. sugar
4	tsp. baking powder
½	c. margarine
2	eggs, well beaten
½	tsp. vanilla
1/3	c. milk

Sift together flour, sugar and baking powder. Cut in margarine with a knife until mixture looks crumbly. Mix eggs, vanilla and milk; add to flour mixture. Beat hard for 1 or 2 minutes. Pour batter into a greased cake pan and bake in a hot oven.

APPLE CAKE

Follow recipe for 5-Minute Cake.

Pare and slice 2 apples; arrange on top of cake batter, pressing lightly. Dot with bits of butter, sprinkle with sugar cinnamon. Bake in a moderate oven.

Serve warm with cream.

PINEAPPLE UPSIDE DOWN CAKE

½ c. margarine
1 c. sugar
2 eggs, beaten
2 c. sifted flour
2 tsp. baking powder
¼ tsp. salt
½ c. milk
Canned pineapple slices

Cream margarine and sugar. Add eggs. Sift together dry ingredients and add alternately with milk.

Grease well the bottom of a cake pan; line with waxed paper and grease again. Sprinkle generously with sugar. Arrange pineapple slices on top of sugar. Pour prepared cake batter into pan and bake in a moderate oven. When cake is baked, immediately turn upside down on serving plate.

VARRIATIONS

Mango Upside down Cake	Use canned sliced mangoes (well drained) instead of pineapple.
Bob Hope's Favorite	Use canned peach slices instead of pineapple.
Cake "Tropicana"	Arrange 2 tbsp. buko preserve in center of pan. Surround with banana slices.
Checker Upside down Cake	Arrange cooked apricots and prunes alternately in square baking pan.

BUTTER CAKE
(Basic Recipe)

2	c. sifted cake flour
2	tsp. baking powder
¼	tsp. salt
2/3	c. margarine
1	c. sugar
½	tsp. vanilla
½	c. milk
2	eggs

Sift together dry ingredients. Cream margarine, add sugar gradually and cream together until fluffy. Add eggs one at a time, beating well after each addition, add vanilla. Add dry ingredients alternately with milk. Pour batter into greased baking pan and bake in moderate oven. Frost as desired.

DUCHESS CAKE

Follow recipe for Butter Cake. Before pouring cake into pan, fold in 4 tbsp. grated cheese.

PRINCESS ORANGE CAKE

Follow recipe for Butter Cake. While still hot, pour Orange Glaze over cake, made by boiling ¾ c. sugar, 5 tbsp. orange juice and 1 tbsp. butter until syrup forms.

CUP CAKES

Bake Butter Cake in greased small muffins pans or fluted paper cups.

Frost tops and decorate.

ROSE MARIE CAKES

Spread small cup cakes with jelly. Roll in shredded coconut. Arrange on serving plate, place a sugar rose on top of each cake. Make leaves from icing tinted green.

LIWANAG MANGO CAKE

Follow recipe for Butter Cake. Put batter into greased round cake pan, then place canned mango slices on top. Combine 4 tbsp. sugar, 2 tbsp. flour, 1 egg yolk and little milk, spread over mangoes.

Cover cake loosely with aluminum foil and bake in a moderate oven for about 20 minutes. Remove foil and bake until brown.

SILVER CAKE

1½ c. sugar
1 c. margarine
3 c. cake flour
3 tsp. baking powder
½ tsp. salt
2/3 c. milk
5 egg whites, beaten stiff

Cream margarine; add sugar gradually. Sift dry ingredients together and add alternately with milk to mixture. Fold in egg whites. Pour batter into greased cake pan and bake in moderate oven.

CADENA DE AMOR

Follow recipe for Silver Cake, using round pan. Place baked cake on serving dish, cover with:

LEMON TOPPING

2 tbsp. lemon juice
½ c. water
½ c. sugar
1 tbsp. cornstarch
1 tbsp. butter

Combine ingredients and boil until thickened. Tint a delicate pink.

"Once upon a time", so the story goes, "there lived a girl who had a step-mother and two half-sisters. She was very beautiful but was made to stay in the kitchen among the cinders and so was called Cinderella."

We remember the pumkin that was transformed into a coach, Cinderella's wonderful gown to the king's ball, and her dance with the Prince. But the climax of this tale was when Cinderella, at the stroke of twelve ran away from the Prince, and in her hurry, left behind one of her glass slippers. Prince Charming, in his effort to find Cinderella, sent men from his court to look for the owner of that slipper.

Every fairy tale ends with "they lived happily ever after", and so the author did not bother to add this little incident. As the royal couple rode on the coach that was to take them to the crystal palace, Cinderella made a confession.... when the men from the court invaded the kitchen to ask her to try on the slipper, Cinderella was baking a cake. After giving the men slices of the newly baked cake, they totally forgot their "mission" and just concluded that a girl who could bake so delicious a cake certainly deserved to be the Prince's wife.

CINDERELLA CAKE

3/4 c. butter
1 c. sugar
2 c. flour
½ c. cornstarch
3 tsp. baking powder
5 tbsp. milk
4 egg whites, beaten stiff

Cream butter, add sugar gradually. Sift together dry ingredients and add alternately with the milk. Fold in the stiffly beaten egg whites. Pour mixture into greased cake pan and bake in a moderate oven.

Cover cake with white frosting and sprinkle with coconut tinted pink.

CINDERELLA'S PUMPKIN CAKE

½ c. butter
1 c. sugar
1 c. brown sugar, packed
2 eggs, beaten
1 c. cooked mashed pumpkin
3 c. sifted cake flour
4 tsp. baking powder
¼ tsp. baking soda
½ c. milk
½ tsp. maple flavoring

Cream butter; slowly add sugar, eggs and pumpkin.

Sift together dry ingredients and add alternately with milk to first mixture. Add flavoring. Bake in a moderate oven. Frost cake with Caramel Frosting.

GOLD CAKE

¾ c. margarine
1 c. sugar
8 egg yolks, well beaten
½ tsp. vanilla
2½ c. sifted cake flour
3 tsp. baking powder
2/3 c. milk

Follow instructions for Butter Cake.

PRIMAVERA
(Spring in the Heart)

Follow recipe for Gold Cake.

Lay baked cake on a wooden board wrapped in foil. Cover top of cake with Cream Filling.

Make a meringue of ½ c. egg whites, 1/2 tsp. vinegar and 1 c. sugar. Spread meringue over whole cake. Sprinkle with multicolored sugar. Bake in a slow oven until meringue is a beautiful golden color.

GOLDEN PINEAPPLE CAKE

Bake Gold Cake in 2 layers. Put together with pineapple filling. Cover cake with Boiled Frosting and decorate top with pineapple chunks.

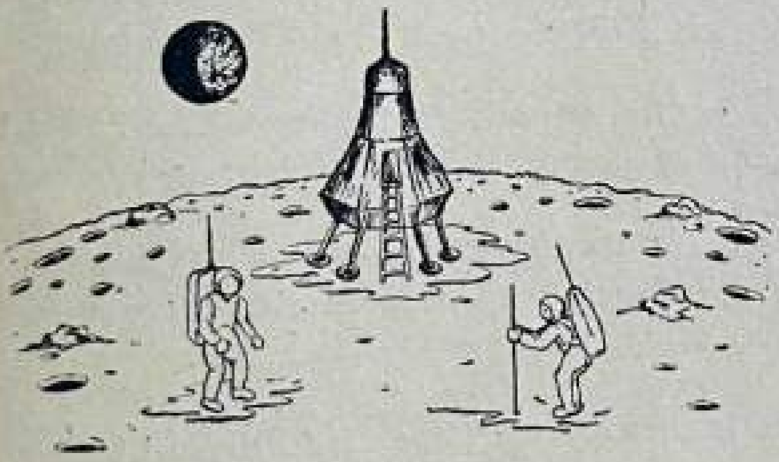
"PARALUMAN" BANANA CAKE

Bake Gold Cake in 2 layers. Put together with banana filling. Cover cake with Boiled Frosting and decorate with sliced bananas.

Right after that fateful day when Neil Armstrong stepped on the moon, the three men in our "pad" enjoyed among themselves speaking the space lingo. Whenever I would ask about their comings and goings, they would call me the "tracking station" from my easy chair at home, which, incidentally, became the "command module".

And so, one morning, when my teen-ager son came to a late breakfast, I looked at him and asked, "What time did you splash down last night?"

Going back to the three astronauts who made history, try serving this:



"APOLLO 11" CAKE

Follow recipe for Gold Cake, using a rounded cake pan. With chocolate icing, make swirls and craters on surface. Decorate with toy astronauts and module.

MARBLE CAKE

2/3 c. butter
1 c. sugar
2 eggs
2 c. flour
2 tsp. baking powder
1/3 c. milk
2 tbsp. cocoa

Cream butter and add sugar gradually. Add the eggs, one at a time, beating well. Sift together dry ingredients and add alternately with the milk.

Dissolve cocoa in a little water; add to one-fourth of cake batter. Place white and chocolate mixtures by spoonfuls alternately in a greased cake pan. Bake in a moderate oven.

Every person has his own interpretation of love. The foremost Filipino poet, Rolando Carbonell says:

Love is the miracle that shapes this world into a wonderland of beauty, hope and joy:

Love is the inspiration of artists, the wisdom of philosophers, the vision of prophets, and the hope of sinners;

Love is a thing we all seek to define but cannot...

But in "Love Story", Jenny and Oliver felt that "love means never having to say you're sorry".

Besides these two young lovers was another gentle person — Jenny's father. Phil was a good baker, and on his daughter's wedding, he baked this:

ORANGE BLOSSOM CAKE

1 c. margarine
1½ c. sugar
3 eggs
Grated orange rind
3 c. sifted cake flour
½ tsp. salt
4 tsp. baking powder
2/3 c. orange juice and water

Cream shortening and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Add orange rind. Sift together dry ingredients and add alternately with liquid to creamed mixture. Pour into greased cake pan. Bake in a moderate oven.

SPICE CAKE

½ c. butter
1 c. sugar
2 eggs, beaten
¼ c. molasses
1/3 c. milk
2 c. cake flour
½ tsp. cinnamon
½ tsp. salt
¼ tsp. baking soda
2 tsp. baking powder

Cream butter, add sugar, then eggs. Beat well. Add molasses.

Sift together dry ingredients and add alternately with milk to first mixture. Pour batter into greased leaf or cake pan and bake in moderate oven.

TORTA
(Lard Cake)

6 eggs
2 c. sugar
1 c. melted lard
6 c. cake flour
8 tsp. baking powder
1½ c. milk
Anise seeds

Beat eggs until light. Add sugar gradually, then add lard and anise seeds. Sift together dry ingredients; add alternately with milk. Place mixture in fluted "torta" pans which had been lined with thin paper then greased. Bake tortas in a moderately hot oven until golden brown. Brush tops with butter, sprinkle with sugar.

Two friends, after having died for some years, came back to earth for a visit. Incidentally, both came from the fires of hell, and one day, in a crowd, the two tried to outshine each other on what they had done while they were down below.

The first one, an engineer, seemed to have done a very outstanding job and was hailed as a hero. If they only had a government down there, he could have been elected to the highest post without the slightest opposition. For what could be a more wonderful achievement than installing an air-conditioning unit right in hell?

The other one, a humbler person, did not have much to say. Instead, she took out from the kitchen something she invented — a cake that she learned to bake in hell with the highest economy because she did not pay a single cent for electricity, firewood or gas. She called her specialty:

DEVIL'S FOOD CAKE

2/3 c. cocoa
¼ c. boiling water
½ tsp. vanilla
½ c. butter
2 c. sugar
3 eggs
2½ c. cake flour
2 tsp. baking powder
1 tsp. baking soda
1 c. sour milk

Mix cocoa, boiling water, and vanilla. Cool.

Cream butter and sugar; add eggs one at a time, beating well. Add cooled chocolate.

Sift together dry ingredients and add alternately with sour milk to first mixture. Pour batter into a greased cake pan and bake in moderate oven for 30 minutes.

PRIZE CHOCOLATE CAKE

3 c. sifted cake flour
2½ c. sugar
1 c. cocoa
2½ tsp. baking soda
11/3 c. butter
2 c. milk
1 tsp. vanilla
2 tbsp. Del monte vinegar
4 eggs

Sift together dry ingredients in a bowl. Cut in margarine with knife until it looks crumbly. Combine milk, vanilla and vinegar; add to first mixture. Beat with electric mixer at medium speed until smooth. Add eggs, one at a time, beating at low speed until blended. Pour mixture into 3 greased cake pans and bake in a moderate oven.

Put layers together with Banana Filling. Cover cake with Chocolate Icing.

HOW TO COOK A WOLF
(For Women Only)

Few days ago, one of my married cousins came crying to me, "The man I married is the worst specimen of humanity. Will you teach me how to cook him?" Too shocked to answer, I walked back and forth in my room and a few hours later, came out with this recipe on How To Cook A wolf.

First of all, scour him of the filty language he uses. Let him stay in hot water for a while, to convince him that he married a lie detector. And later, when he has spilled everything, cut him up with dagger glances, not forgetting to add an occasional piece of your mind. But for Heaven's sake as well as yours and his, be sure the heart is intact. After all, you still love the guy, and he loves you too.

Now, when you are ready to cook the whole, place the ears underneath, so they won't hear the usual nagging. Season with sweet-sour sauce made by mixing acid words and a tender look; put on the fire of guilt and remorse. Hard-boil, but don't cook until soft, so that when you give him to the girls with whom he's been flirting, they would know he is tough.

With a chuckle, my cousin forgot her woes. She then asked me what potion she must prepare to bring him to life again (didn't I tell you she still loves the guy?), and after going over some files gave her this recipe:

LOVE-AND-PEACE CAKE

¾ c. margarine
1 c. sugar
3 eggs
½ tsp. vanilla
½ c. milk
2½ c. cake flour
3 tsp. baking powder
½ c. finely cut dates
½ c. chopped nuts

Cream margarine and sugar. Add eggs, one at a time, beating well after each addition. Sift together dry ingredients and add alternately with milk to first mixture. Fold in dates and nuts. Pour batter into greased cake pan and bake in a moderate oven. Ice cake with orange icing.

BLITZ TORTE

½ c. butter
1 c. sugar
4 egg yolks
½ tsp. vanilla
½ c. milk
2 c. cake flour
2 tsp. baking powder
¼ tsp. salt
4 egg whites
¾ c. sugar
½ c. chopped kasuy
Sugar and cinnamon

Cream shortening and sugar. Add egg yolks, vanilla, milk and sifted dry ingredients. Spread mixture in 2 round greased cake pans. Beat egg whites until foamy, add ¾ c. sugar gradually and spread on the unbaked mixture in the 2 pans. Sprinkle with kasuy, sugar and cinnamon. Bake in a moderate oven for about 30 minutes. Cool and put together with Cream Filling.

MANGO JAM CAKE

½	c. margarine
¾	c. brown sugar
2	eggs, beaten
½	c. mango jam
4	tbsp. chopped kasuy nuts
½	c. raisins
2	c. flour
2	tsp. baking powder
½	tsp. cinnamon
6	tbsp. milk

Cream margarine and sugar. Add eggs, then jam, nuts and raisins. Sift dry ingredients together and add alternately with milk to first mixture. Pour batter into a greased cake pan and bake in a moderate oven.

RAISIN AND NUT TORTE

5	egg yolks, well beaten
½	c. flour
1	tsp. baking powder
½	c. chopped raisins
4	tbsp. chopped nuts
5	egg whites
¾	c. sugar

Mix flour, baking powder, raisins and nuts; add to egg yolks.

Beat egg whites until stiff, add sugar gradually, beating continually. Fold the first mixture into meringue. Bake in buttered pan in slow oven. Cover top with whipped cream.

"ARISTOCRAT" TORTE

6 egg yolks

1 c. sugar

½ c. flour

1 tsp. baking powder

1 c. chopped dates

1 c. chopped kasuy nuts

½ tsp. cinnamon

1 tsp. lemon juice

2 tbsp. orange juice

Grated orange rind

6 egg whites

½ c. sherry

Beat egg yolks until thick; add sugar gradually, beating continually. Mix together next 8 ingredients and add to egg yolks. Fold this mixture into stiffly beaten egg whites. Pour greased pan and bake in a slow oven. Cool. Pour wine over the top.

Take a lovely day in December, fresh with the invigorating sting of a chilly wind; add the glimmer of tinsels and the radiant glow of candles on a Christmas tree; the laughter of children, the warm greetings of friends from far and near, Christmas carols sang beneath the light of lanterns and stars. Mix together with a cheery and open heart, then add the glorious touch which makes Christmas happy — the gracious spirit of giving.

We all can't afford to give expensive gifts to our neighbors and friends, yet we can make the kitchen Santa Claus' department store and there prepare some Christmas packages to give away. Cookies, fruit cakes, sweets, baskets of fruit —wrapped and tied with ribbons, can gladden many hearts on Christmas Day.

CHRISTMAS FRUIT CAKE ✓

2 c. butter
4 c. brown sugar, packed
8 eggs
8 c. cake flour
2 tsp. baking powder
1 tsp. baking soda
1 lb. glaced fruit
1 lb. raisins
2 c. chopped nuts
1 c. molasses
4 tbsp. brandy
1 tbsp. cinnamon
½ c. pineapple juice

Combine fruit, nuts, fruit juice, molasses, brandy and cinnamon in a bowl. Mix well and let stand for a few hours.

Sift together flour and soda. Cream butter and sugar until fluffy. Beat in eggs, one at a time. Stir in sifted flour mixture. Fold in fruit mixture.

Pack cake mixture into loaf pans which had been lined with heavy white paper then greased. Bake in a slow oven for about 2 hours. Remove cake from pans. When thoroughly cold, remove from paper and store in refrigerator, wrapped in foil.

LIGHT FRUIT CAKE

1½	c. butter
3	c. sugar
6	eggs
1	c. chopped nuts
6	c. cake flour
3	tsp. baking powder
2	tsp. cinnamon
1	lb. raisins
1	lb. candied peel and fruits
1/3	c. pineapple juice
4	tbsp. brandy

Cream butter and sugar. Add eggs, one at a time, beating well after each addition. Add nuts.

Dredge raisins and fruits with part of the flour; sift remaining flour with baking powder and cinnamon. Add flour mixture to the creamed butter, sugar and eggs alternately with pineapple juice. Add the brandy. Fold in the raisins and fruits. Pack cake mixture into loaf pans which had been lined with heavy white paper then greased. Bake in a slow oven for about 1½ hours.

HOME HAPPINESS CAKE

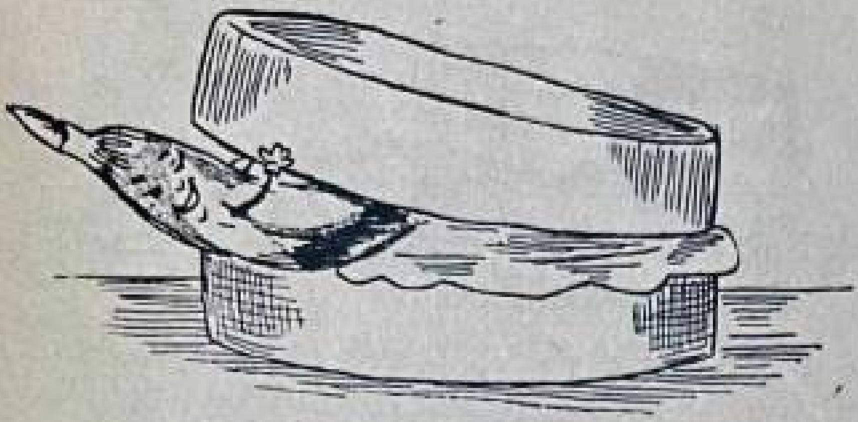
Take 1 c. of common sense, ½ c. justice, 2 c. of love sifted with 2 tbsp. of mutual confidence and understanding. Add 2 large portion of sense of humor, beaten separately. Spice to taste with wit and nonsense. Bake in a moderate oven of warm approval in a steady fire of domestic devotion. Ice with generous appreciation.

CREAM FILLING

1 c. milk, scalded
3 tbsp. flour
4 tbsp. sugar
1 egg yolk, slightly beaten
½ tsp. vanilla
1 tbsp. butter

Mix the flour and sugar and add to milk; cook slowly in a double boiler until thickened. Add egg yolk; mix well, and finish cooking until thick. Remove from fire, add flavoring and butter.

Mocha Cream Filling	Add 1 tbsp. instant coffee to milk.
Chocolate Cream Filling ..	Scald 2 tbsp. cocoa with the milk. Increase sugar.
Banana Cream Filling ...	Add 2 tbsp. mashed ripe banana.



BANANA FILLING

2 c. mashed ripe bananas
1 tbsp. lemon juice
½ c. orange juice
Sugar to sweeten

Cook until of the right consistency.

FRUIT FILLING

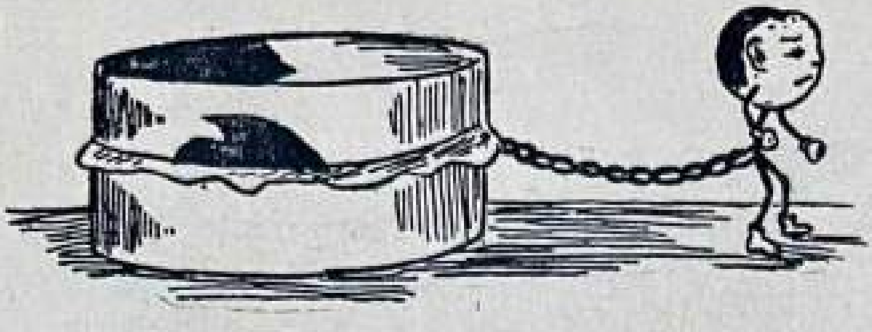
2 c. crushed fruit
Sugar to sweeten
Little flour

Cook until of the right consistency.

PINEAPPLE FILLING

2½ c. drained crushed pineapple
2 tbsp. cornstarch
½ c. sugar
4 tbsp. orange juice

Mix cornstarch and sugar. Add other ingredients and cook over low heat until thickened. Cool and spread on cake.



ORANGE FILLING

½ c. sugar

3 tbsp. cornstarch

1 c. orange juice

Grated orange rind

1 tbsp. lemon juice

1 egg yolk

1 tbsp. butter

Combine ingredients; cook until mixture thickens

For Lemon Filling, use 4 tbsp. lemon juice and ¾ c water instead of orange juice.

NUT AND RAISIN FILLING

½ c. chopped nuts
½ c. chopped raisins

Add nuts and raisins to Boiled Frosting. Use between layers of cake.

Annette is a lovely girl. She has a lovely home and her kitchen door opens into a lovely garden. One day, when I stepped into her terrace, there she was, decorating a cake, with the pastel colors of the rainbow caught in swirls of frosting. I would have asked if she borrowed the colors from a painter's palette, but looking around, one could see that the blooming kalachuchi, the lavender orchids, the lush ferms and pink adelfas by the gate offered more. And on the brick wall hung a frame with this poem:

If you want a mind at peace,

A heart that cannot harden,

Go, find a door that opens wide,

Into a lovely garden.

CONFECTIONER'S ICING

2 tbsp. hot milk

Confectioner's sugar

Vanilla

Add sugar to milk until of the right consistency to spread. Add flavoring.

Orange Confectioner's Icing .... Use orange juice

Chocolate Confectioner's Icing .. Add 1 tbsp. cocoa.

BUTTER ICING
(Basic Recipe)

4 tbsp. butter
2½ c. confectioner's sugar
2 tbsp. milk
1 egg yolk

Cream butter; add 1/3 of sugar, mixing well. Add milk, egg yolk, vanilla and remaining sugar.

Orange Butter Icing	Use orange juice for liquid and grated orange rind to flavor.
Mocha Butter Icing	Use strong cold coffee for liquid. After spreading icing on cake, sprinkle with chopped nuts.
Chocolate Butter Icing ...	Add 4 tbsp. cocoa to icing.

CREAMY BUTTER ICING

1 c. butter, chilled
¾ c. sugar
¾ c. evaporated milk

Add sugar gradually to butter, stirring in one direction. Add milk, a little at a time until sugar is completely dissolved.

For Creamy Mocha Icing, dissolve instant coffee in milk.

BOILED FROSTING

1¼ c. sugar

½ c. water

2 egg whites

½ tsp. vanilla

Cook sugar and water together until syrup spins a thread. Remove from fire. Cool slightly and pour this syrup in a thin stream over stiffy beaten egg whites, beating continually until mixture is thick enough to spread. Add vanilla.

For Caramel Frosting, use brown sugar.

SEVEN-MINUTE FROSTING

1 egg white unbeaten

⅞ c. sugar

3 tbsp. cold water

¼ tsp. vanilla

Place all ingredients in double boiler. Place over boiling water and beat with rotary beater for 7 minutes.

For Chocolate Seven Minutes Frosting, add 2 tbsp. cocoa.

ROYAL ICING

2 egg whites
¼ tsp. cream of tartar
Confectioner's sugar

Beat egg whites and cream of tartar until foamy. Add sugar little by little until thick enough to spread.

To ice cake, apply a thin first coat. Allow icing to dry. Add a little more sugar and apply second coat.

For borders and designs use enough sugar to make a stiff icing. Force through different tubes. Tint as desired.

Creamy Chocolate Icing ... To Royal Icing, add 2 tbsp. butter and 4 tbsp. cocoa.

MILK FROSTING

1 can condensed milk
2 tbsp. butter

Cook milk and butter in shallow pan over low heat, stirring continually with rubber scraper until thick enough to spread.

CHOCOLATE FUDGE FROSTING

1 can condensed milk
4 tbsp. cocoa
2 tbsp. butter
¼ tsp. vanilla

Combine milk, cocoa and butter. Cook in a shallow pan over low heat, stirring continually with rubber scraper until thick enough to spread. Flavor with vanilla.

CHAPTER X

DESSERTS, PIES and ICE CREAM

103 Choice Recipes

If doctors prescribe sugar in the diet to supply the body with energy and give strength to the heart, psychologists think sugar plays another role. They say that people who take plenty of sweets also acquire sweet dispositions. And isn't this enough reason to concentrate more on desserts?

FLOATING ISLANDS

2 c. milk

4 eggs

½ c. sugar

½ tsp. vanilla

Scald milk in double boiler. Beat 2 eggs and 2 yolks slightly, reserving the 2 egg whites. Add the hot milk to the beaten eggs, mix well, then return to double boiler. Cook over hot water, stirring continually in one direction, until mixture coats the spoon. Add vanilla.

Pour custard into serving dish; cool.

Beat egg whites until stiff, add 4 tbsp. sugar gradually. Drop this meringue by spoonfuls on top of custard and chill. Decorate meringue "islands" with cherries, raisins and nuts.

CARAMEL CUSTARD I
(Flan)

1 can condensed milk

Equal amount of water

10 egg yolks

½ tsp. vanilla

Mix milk and water, then scald. Pour milk over slightly beaten egg yolks, mixing well. Add vanilla. Strain mixture into a pan lined with carmelized syrup. Set pan in a larger pan containing hot water. Bake in a slow oven until a silver knife inserted into the custard comes out clean.

CARAMEL CUSTARD II

1 big can evaporated milk

½ c. sugar

4 eggs, slightly beaten

½ tsp. vanilla

Combine ingredients, and proceed like Caramel Custard 1.

For Chocolate Custard, add 3 tbsp. cocoa.

MOCHA CUSTARD

Follow recipe and instructions for Caramel Custard, adding 1 tbsp. instant coffee to milk before scalding. Omit vanilla.

BANANA FLAN

1 can condensed milk
¾ c. evaporated milk
4 eggs slightly beaten
2 lakatan bananas, mashed
1 tbsp. lemon juice
Vanilla

Combine ingredients and pour into a pan lined with caramelized syrup.

Steam or bake.

NATILLA

(Blitz Custard)

1 can condensed milk
Equal amount of water
8 egg yolks
Lady fingers
Sugar and cinnamon

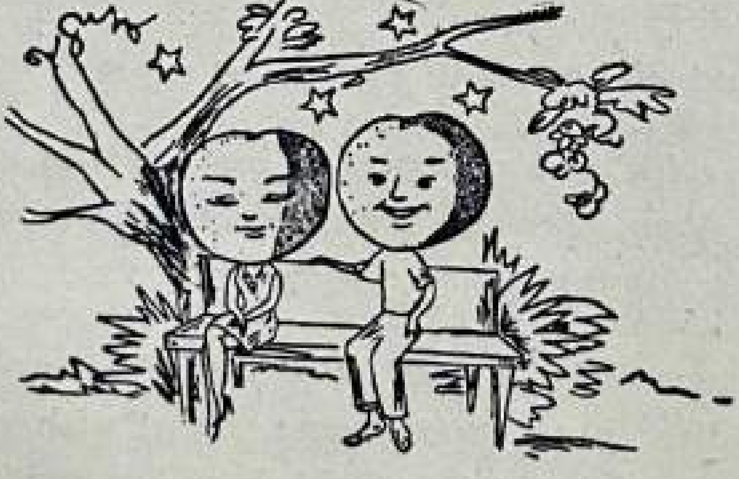
Mix milk and water, then scald. Add egg yolks, cook in double boiler, stirring in one direction. When mixture coats the spoon, remove from fire.

Arrange lady fingers or pieces of sponge cake in serving dish; pour custard over. Dust with cinnamon. When custard has set, cover top with sugar and burn with a red hot iron.

It was one night when the skies taught man below the true meaning of democracy — by letting even the smallest stars come out. One of our very naughty cousins winked at me and said, "With all those lovely stars above and the right partner, I can afford to get lost".

If we take Hollywood, stars are linked with movie sets, cameras, and directors. The real stars, however, are associated with the astronomers. But don't you realize that in the firmament of cookery there are also stars that shine on our dinner tables? And believe me, these stars sometimes give more happiness to the world than a new comet, with its blazing light trailing behind.

Going back to our naughty cousin, at last she found the right partner. Unfortunately, the lovely stars were not around when she hooked him. It was this delicious custard that made the poor guy see the moon and stars in broad daylight.



"STARLIGHT" ORANGE CUSTARD

1 can condensed milk
Equal amount of water
8 egg yolks
Sponge cake slices
2 tbsp. sweet wine
1½ c. orange segments
Whipped cream

Mix milk and water, then scald. Add egg yolks, cook in a double boiler, stirring in one direction, until mixture coats the spoon.

Arrange cake slices in a glass dish, sprinkle with wine. Pour cooked custard over cake. Place orange segments on top and cover with whipped cream. Chill.

TAPIOCA FRUIT CREAM

2 egg yolks, slightly beaten
2 c. milk
½ c. sugar
2 tbsp. quick cooking tapioca
½ tsp. vanilla
2 egg whites
4 tbsp. sugar
Drained canned fruit

Mix first 4 ingredients and cook over low heat, stirring constantly until mixture boils. Remove from heat. Add vanilla; fold in meringue made by beating egg whites with sugar. Spodn into sherbet glasses with fruit. Chill.

MANGO MERINGUE TORTE

- 4 egg whites
- ½ tsp. cream of tartar
- 1 c. sugar
- 1 big can sliced mangoes
- 1 can Nestle Cream

Fit greased brown paper in bottom of greased round pan. Dust lightly with flour.

Beat egg whites with cream of tartar until stiff; add sugar gradually, beating continually. Spread meringue in prepared pan; bake in a slow oven for 45 minutes or until crunchy. Loosen edges, remove from pan. Cool. Fill with drained mangoes. Top with whipped cream.

Nothing comes from nothing,

Nothing ever could,

Somewhere in my youthful childhood,

I must have done something good.

These are lines from a song in "Sound of Music", the movie that broke box -office records around the world.

Try to picture Maria, singing on that green hill against the backdrop of a cloudless summer sky; the wild flowers basking in the sunshine; the essence of love, freedom and song dominating the whole scene.

The sound of music will always remain in our hearts — but do you realize that to the young ones, the sound of egg beaters and the aroma of cakes from the kitchen mean more than anything else?

Try these favorites of the young:

MANGO MERINGUE CAKE

1 square sponge cake
Canned mangoes, sliced
4 egg whites
½ c. sugar
2 tbsp. chopped kasuy nuts

Place cake on fireproof platter. Arrange sliced mangoes on top of cake. Make a meringue of egg whites and sugar. Pile meringue on top of mangoes, sprinkle with nuts. Brown in a slow oven.

GRANDMOTHER'S BORRACHO

2 doz. lady fingers
½ c. vermouth
4 egg whites
½ c. sugar

Arrange lady fingers in a baking dish. Sprinkle with vermouth. Make a meringue of the egg whites and sugar. Cover lady fingers with meringue and bake in a slow oven until a light golden brown.

MERINGUES

6 egg whites
2 tsp. vinegar
2 c. sugar

Combine egg whites and vinegar; beat until soft peaks form. Add sugar, a little at a time, and continue beating until meringue is stiff and glossy. Tint in different pastel shades if desired.

Drop meringue by teaspoonfuls on baking sheet lined with ungreased paper. Bake in very slow (150 F.) oven.

CREME CELESTE

4 egg whites
1 tsp. vinegar
1 c. sugar
Chopped kasuy nuts
1 c. milk
½ c. sugar
2 tbsp. cornstarch
4 egg yolks
4 tbsp. butter
Vanilla

Take a lightly greased shallow pan; line bottom with wax paper, grease well then dust with flour.

Make a meringue of egg whites, vinegar and sugar. Fold in nuts. Place meringue in prepared pan and bake in slow (225 F.) oven for about 45 minutes.

Combine remaining ingredients; cook over low heat until thick. Spread this mixture over meringue. Top with cream. Chill.

CHOCOLATE JUBILEE

Follow recipe for meringue base of Creme Celeste. Bake in 2 layers cake pans.

Spread Chocolate Cream Filling between layers and on top. Sprinkle with chopped kasuy nuts.

For Ube Jubilee, use ube jam for filling and topping.

This recipe is dedicated to Richard — the friend who is a scholar, linguist, traveler, a citizen of the world. He dresses like a Pierre Cardin model and moves around like a member of some Oriental Embassy.

And yet, underneath the sophisticated aura that surrounds him is a sweet and gentle person, with a great capacity for loving and being loved.

In any kitchen he is the Superstar. Because he cooks with Flair and Artistry. To him, I take off my kitchen cap!

CANONIGO

8 egg whites

¾ c. sugar

1 tsp. baking powder

1 c. sugar (caramelize for mold)

Caramelize sugar in a heavy cooking pan over low heat. When golden brown, add a little water. Boil syrup until it becomes sticky when touched with the finger. Line a mold with the caramelized syrup. Cool. Rub with butter.

Beat egg whites until soft peaks form. Add sugar and baking powder little by little, beating continually until very stiff. Pour meringue into mold. Place mold in a larger pan containing hot water and bake in a moderate oven for about 30 minutes. Cool. Unmold on serving dish. Serve with:

GOLDEN SAUCE

8	egg yolks
½	c. sugar
1	c. milk
2	tbsp. sherry or Cointreau
½	tsp. vanilla

Combine egg yolks, sugar and milk. Cook over low heat until thickened. Add sherry and vanilla. Cool and spoon over Canonigo.

BRAZO MERCEDES

10	egg whites
1¼	c. sugar
1	tsp. cream of tartar
½	tsp. vanilla

Beat egg whites and cream of tartar until it forms soft peaks. Add sugar gradually, beating continually. Add vanilla. Spread meringue into a jelly roll pan lined with wax paper then greased well. Bake in moderate oven.

Remove from oven; invert on a sheet of greased wax paper. Peel off wax paper carefully. Spread with Filling and roll. Chill.

FILLING

10	egg yolks
1	can condensed milk
1	tbsp. butter
½	tsp. vanilla

Cook egg yolks, milk and butter over low heat until thick. Flavor with vanilla. Cool.

SILVANAS

4 egg whites
1 tsp. vinegar
1 c. sugar
½ c. finely ground kasuy nuts
Butter Icing
Sifted rosquillos crumbs

Take a lightly greased shallow pan; line with wax paper, grease well then dust with flour.

Make a meringue of egg whites, vinegar and sugar. Fold in nuts. Form meringue by teaspoonfuls on prepared pan and bake in slow (250 F.) oven for about 30 minutes. Remove from baking pan and cool.

Put together 2 meringues with Butter Icing, then spread more icing over the silvanas. Roll in sifted rosquillos crumbs. Chill.

YEMA

16 egg yolks
2½ c. sugar
1 c. water
1 big potato, boiled and mashed fine

Few drops lemon extract

Boil sugar and water in a saucepan until syrup forms a soft ball when dropped in a saucer full of water.

Pour syrup over slightly beaten egg yolks, mixing well. Add potato and cook mixture over slow fire until thick. Add lemon extract, stir, and place in plate to cool. Chill.

Drop cooled yema mixture by small teaspoonfuls on waxed paper. Roll into balls on enough sugar to coat them. Place in tiny cups.

Makes about 40 yema balls.

TOCINO DEL CIELO
(Morsels from Heaven)

18 egg yolks
4 tbsp. butter
3 c. sugar
1½ c. water
¾ c. sugar (caramelize for molds)

Beat egg yolks slightly with butter.

Mix sugar and water and boil until syrup forms a soft ball when dropped in a saucer full of water. Cool slightly. Pour syrup in a fine stream into egg yolks. Add vanilla. Strain.

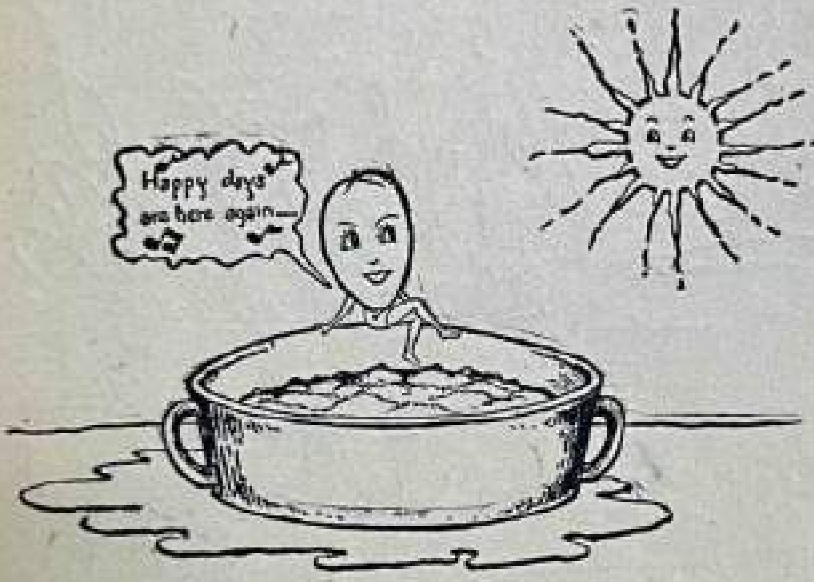
Pour mixture into small cup molds which had been lined with caramelized syrup and the sides greased with butter. Steam for about 30 minutes. Leave in molds until cold. Serve in tiny souffle cups.

Makes 30.

A humorist has said, "Imagination is something that sits up with a woman when the husband is out late".

Putting the joke aside, you will agree that imagination is a wonderful asset. It creates the fascinating *characters of the best-sellers, it kindles the fire of inventiveness, it advances the progress of science, jet planes and rocket ships, missiles and space trips.*

However, if you are one who hates math and diagrams, you cannot use your imagination in designing planes and ships; if you do not possess a prolific pen, there's no hope for your becoming a writer. But don't despair, dear lady — for you can use imagination in preparing foods, cakes and desserts to charm the world, and perhaps prevent the better-half from staying out late.


Happy days are here again—

"SUNNYSIDE" MANGO CUSTARD

2 c. evaporated milk
2/3 c. sugar
6 egg yolks
1 tbsp. cornstarch

4 tbsp. butter
1 envelope Knox gelatine
1 can sliced mangoes
Lady fingers

Mix milk and slightly beaten egg yolks; strain into a saucepan, add sugar and cook over a low fire. Add cornstarch dissolved in a little water, continue stirring in one direction until mixture coats the spoon. Add butter and cook until thickened.

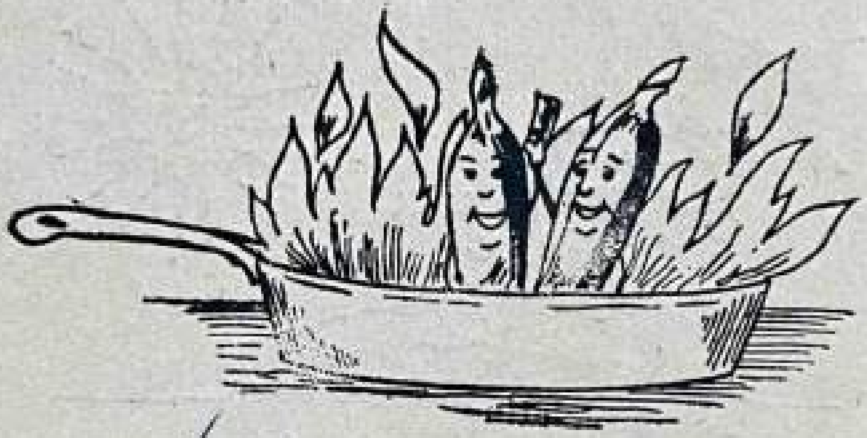
Arrange lady fingers or slices of sponge cake in serving dish. Pour custard on top. Cool.

Dissolve gelatine in ½ c. mango syrup, and pour over custard. Arrange sliced mangoes on top. Chill.

BUKO CUSTARD

1 can condensed milk
Equal amount of water
8 egg yolks
1 c. grated buko
1 tbsp. melted butter
8 tbsp. cake crumbs
Anise

Combine ingredients and pour into a mold lined with caramelized syrup. Set mold in a larger pan containing hot water and bake in a slow oven until set.



FLAMING BANANAS

6 lakatan bananas
1 c. sugar
½ c. water
½ c. mango jam
4 tbsp. brandy
Sugar cubes
Lemon extract

Boil water and sugar in a shallow pan for a few minutes. Add peeled bananas and simmer gently in syrup until cooked. Take out bananas from syrup.

In a skillet, melt mango jam. Add brandy. Lay bananas gently in sauce, turning them to coat well.

Heat bananas in sauce slightly. Top bananas with sugar cubes dipped in lemon extract and light with match. Serve while flaming.

SWEET POTATO PUDDING

1 can condensed milk

2 c. mashed boiled camote

1 c. water

6 eggs, slightly beaten

2 tbsp. brandy

Combine milk, camote, water and eggs; strain. Add brandy. Pour mixture into a well buttered pan and bake in a moderate oven until light brown.

For a subtle flavor, add a "whisper" of cinnamon.

COCONUT PUDDING

4 eggs, slightly beaten

1 c. sugar

4 tbsp. melted butter

1 c. fresh shredded coconut

1 c. soft breadcrumbs

1 c. milk

½ tsp. vanilla

Combine ingredients and pour into a well buttered pan. Set pan in a larger pan containing hot water and bake in a moderate oven until lightly brown.

CASSAVA PUDDING

2 c. finely grated cassava

1½ c. sugar

3 tbsp. butter

4 eggs, beaten

3 c. milk

Vanilla

1 c. scraped buko

Sprinkle water on cassava, place in cheesecloth and press out juice. Combine ingredients and pour into a greased pan. Bake in moderate oven for an hour.

BREAD PUDDING

2 c. bread cubes

2 eggs, beaten

¾ c. sugar

2 c. scalded milk

2 tbsp. melted butter

½ tsp. vanilla

1 small box raisins

Place bread and raisins in a buttered baking dish. Combine rest of ingredients and pour over bread and raisins. Bake in a slow oven until set.

GUAVA PRESERVE

Select ripe guavas. Blanch them in boiling water for a few minutes. When skins begin to crack, remove guavas and drop them in a basin of cold water.

Peel guavas, then cut in halves. Carefully remove seeds. When all seeds are accumulated, add some water, mix well, then squeeze out liquid in a strainer.

Make a thin syrup of liquid from seeds and sugar. Add peeled guava halves and a little calamansi juice. Simmer gently until guavas are tender and syrup has thickned.

GUAVA PIE

Prepare Guava Preserve, thickening syrup with a little cornstarch which has been dissolved in cold water. Bake between 2 crusts in a hot oven.

MANGO JAM

4	c. mango pulp
3	c. sugar
1	tbsp. calamansi juice

Cook in a stainless or copper "tacho" over moderate heat. Stir continually with a wooden spoon until thick. Pour hot jam into sterilized jars, and seal completely.

TAMARINDO

4	c. ripe tamarind, peeled
2	c. brown sugar
1	c. water

If tamarind is of the sour variety, soak in cold water overnight. Drain.

Boil sugar and water, skimming well to remove scum. Add tamarind, and cook until thick, stirring continually.

At a testimonial dinner in honor of an Air Force hero, one of the guests was a movie actress, famous for her beautiful shoulders. For this particular occasion, the young lady wore a lovely strapless gown, the color of a tropical summer sky. And to further enchance her features, she wore a gold choker with an interesting pendant — a tiny gold airplane.

As the guests were introduced to the hero, everyone noticed that the war veteran's gaze was fixed upon the lady's pendant. Completely aware of this, she asked, "Do you like my little trinklet, Colonel"? And he answered, "It's very cute, my dear; but believe me, I was not looking at the airplane ...... I was admiring the landing field".

This story about airplanes reminds me of Edith, a flyer's wife who had been a good neighbor for years. She was a good cook and shared with me some of her choice recipes.

COCONUT MACAROONS

2 c. finely grated coconut
Condensed milk to moisten

Combine coconut and milk. Drop by teaspoonfuls on sheet lined with greased foil. Bake in slow (300 F.) oven.

For Chocolate Coconut Macaroons, add 2 tbsp. cocoa to mixture.

BOCARILLO

(Coconut Bonbons)

2 c. coconut (packed)
2 c. sugar
1 c. water

Combine ingredients and cook in shallow pan over moderate heat until thick, stirring continually with a rubber scraper. Drop by teaspoonfuls on wax paper and set aside until dry.

For color, tint bacarillos in pastel shades.

TURRON DE PILI

3 c. sugar
1 c. water
2 tbsp. glucose or karo syrup
3 c. ground pili
1 big potato, boiled and mashed fine

Make a syrup of water and sugar, and when slightly thick, add glucose. Add pili and potato. Cook until thick. Line a loaf pan with waxed paper, decorate with candied peel and cherries. Pour cooked turron into pan and cool. Wrap in wax paper.

MAZAPAN DE PILI

Follow recipe for Turron de Pili. Few minutes before taking from fire, add 6 beaten egg yolks.

PASTILLAS DE PILI

1 c. ground pili
½ c. sugar
½ c. milk

Combine ingredients and cook until thick. Roll on sugared board, cut in strips. Roll in sugar and wrap in white tissue paper.

MAZAPAN DE COCO

2 c. fine dessicated coconut, packed
1/3 c. evaporated milk
1/3 c. water
1½ c. light brown sugar
2 egg yolks
1 tbsp. butter
½ tsp. vanilla

Combine first 4 ingredients, cook over low heat until thick. Add egg yolks and cook until very thick, stirring continually. Remove from fire, add butter and vanilla.

Drop by teaspoonfuls on greased sheet and bake in moderate oven until golden brown. Wrap in colored cellophane.

MAZAPAN DE MACAPUNO

4 c. grated macapuno
1 can condensed milk
1 c. sugar
4 egg yolks
1 tbsp. butter

Combine macapuno, milk and sugar in saucepan. Cook over low heat until thick. Remove from fire, add egg yolks and butter. Place in a buttered fireproof pan and bake in a moderate oven until set. Cool and cut in strips.

PASTILLAS DE MACAPUNO

Follow recipe of Mazapan de Macapuno.

Cook macapuno, milk and sugar. When done, add egg yolks and butter. Cook until thick. Cool. Drop by teaspoonfuls on waxed paper, then form into balls. Roll in sugar.

MACAPUNO TARTLETS

Follow recipe of Pastillas de Macapuno.

Form mixture into balls. Place on small souffle cups. Top with meringue, sprinkle with chopped kasuy nuts. Bake in slow oven until a light golden brown.

PASTILLAS DE UBE

- 4 c. cooked sieved ube
- 3 c. sugar
- 1 small can evaporated milk

Combine ingredients and cook over moderate heat until thick. Roll on sugared board, then cut in strips. Roll in sugar and wrap in white tissue paper.

PASTILLAS DE LECHE

- 2 tbsp. soft butter
- 1 can condensed milk
- 2¼ c. powdered milk (more or less)

Combine ingredients. Turn mixture into a sheet of wax paper sprinkled with sugar. Sprinkle top with sugar, place another sheet of wax paper over it and roll to a thickness of ½ inch. Cut in strips and wrap in white tissue paper.

CHEESE PASTILLAS ..... Add 4 tbsp. grated cheese.
COFFEE PASTILLAS .... Flavor with coffee.
KASUY PASTILLAS .... Add 4 tbsp. chopped kasuy.

SAMPAGUITAS
(Polvoron)

1 c. butter
2 c. sugar
½ c. powdered milk
4 c. flour

Toast flour over low heat. Cool.

Cream butter with sugar. Add powdered milk and sifted toasted flour. Mold and wrap in fringed white tissue paper.

Three weeks ago we made a new acquaintance in the person of a six footer blonde whose big eyes were like "two spoonfuls of the blue Atlantic". My brother and he became good friends, and one afternoon, at tea, when we served him a wedge of apple pie, he asked me, "Do you know that apple pie is as American as the stars and strips?"

Although I agree that is true, anyone (regardless of race) can enjoy eating this luscious delight. For there is no law limiting the cooking of apple pie to the American people alone.

Bless that freedom-loving country . . . . !

APPLE PIE

6 green apples
1 c. sugar
1 tbsp. flour
1 tsp. cinnamon
¼ tsp. salt
2 recipes Plain Pastry

Pare apples, then cut in eights. Mix sugar, flour, cinnamon and salt; mix with the apples. Divide pastry into 2 parts. Roll 1 part and fit loosely into pie plate. Arrange apples on pie plate, dot with bits of butter, then moisten the edges of crust with water. Roll the remaining crust and cover apples. Seal and trim edges. Make several slits on top of pie. Brush over with beaten egg.

Bake pie in a hot oven for about 10 minutes. Reduce heat and bake for 40 minutes more.

4 tbsp. orange juice may be sprinkled over apples before putting top crust. Use grated orange rind instead of cinnamon.

2 — CRUST PIES

2 Recipes Plain Pastry

Divide pastry into 2 parts. Roll 1 part and fit loosely into pie plate. Arrange filling. Moisten edges of crust with water. Roll remaining pastry and cover the filling. Trim edges and seal with tines of a pork. Make several slits on top. Brush with beaten egg and bake as directed in recipe.

For easy handling, roll pastry between 2 sheets of wax paper. Chill.

BUKO PIE

3 c. young coconut meat, cut

4 tbsp. cornstarch

½ c. coconut water

½ c. milk

¾ c. sugar

1 tbsp. butter

2 recipe Plain Pastry

Dissolve cornstarch in coconut water. Combine ingredients and cook over low heat until thickened and clear.

Bake between 2 crusts.

PINEAPPLE PIE

3 c. pineapple chunks

Sugar to sweeten

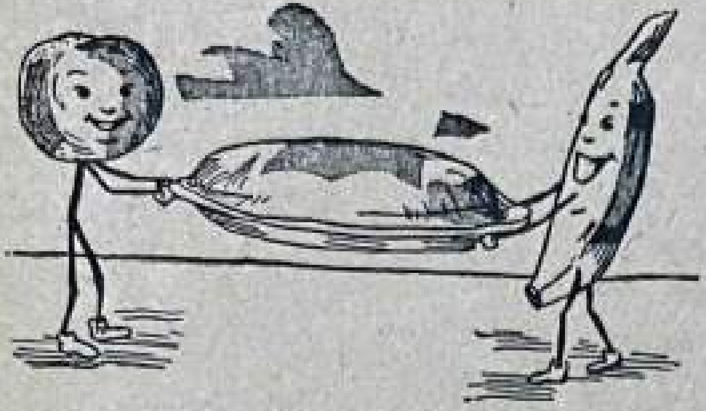
2 tbsp. cornstarch

1 tbsp. butter

2 recipes Plain Pastry

Cook pineapple with sugar. Add cornstarch and cook few minutes more. Add butter.

Bake between 2 crusts in a hot oven.



BANANA ORANGE PIE

3 c. sliced ripe bananas
1 c. orange juice
1 tbsp. lemon juice
Sugar to sweeten
2 recipes Plain Pastry

Cook bananas with fruit juices and sugar.

Bake between 2 crusts in a hot oven.

MANGO PIE

3 c. sliced ripe mangoes
Sugar to sweeten
4 tbsp. flour
½ tsp. cinnamon
4 tbsp. chopped nuts
2 recipes Plain Pastry

Cook mangoes with sugar and flour until thickened. Remove from fire, add cinnamon.

Bake between 2 crusts, adding bits of butter and nuts over mangoes before putting top crust.

RAISIN PIE

4 tbsp. lemon juice
½ c. orange juice
Grated orange rind
1 c. brown sugar
2 c. raisins
1¼ c. water
4 tbsp. flour
2 recipes Plain Pastry

Combine first 6 ingredients and heat to boiling. Simmer until raisins are cooked. Dissolve flour in a little water and add to mixture, stirring well. Cook until thickened.

Bake between 2 crusts in a hot oven.

Eleanor Roosevelt, the American First Lady who is revered in the hearts of those who know and love her, was a paragon of patience and understanding. A devoted wife and mother, she is remembered not for her beauty or chic, but because "in the warm democracy of her heart, there was no dividing line".

Try serving her favorite pie;

ELEANOR'S STRAWBERY PIE

3 c. fresh strawberies
1 c. sugar
2 tbsp. cornstarch
2 recipes Plain Pastry

Mix sugar and cornstarch and add to strawberries. Line pie plate with ½ of pastry; add strawberry filling Dot with bits of butter, moisten edges of lower crust with water and cover with top crust. Make slits on top crust; brush with beaten egg. Bake in hot oven for about 10 minutes; reduce heat to moderate, and bake for 30 minutes more.

CHEESE PIE

1 recipe Plain Pastry
1½ c. scalded milk
4 egg yolks
2/3 c. sugar
1½ c. cottage cheese

Roll pastry lightly on a square of waxed paper. Turn unto pie plate loosely so that the crust will not shrink. Trim the edge and pick the whole crust with fork.

Combine ingredients and pour into crust. Bake in a hot oven for a few minutes. When crust has set, reduce heat. Bake in a slow oven until cheese custard is cooked.

CUSTARD PIE

1 recipe Plain Pastry
½ c. sugar
2 eggs
4 egg yolks
1 big can evaporated milk, scalded
½ tsp. vanilla

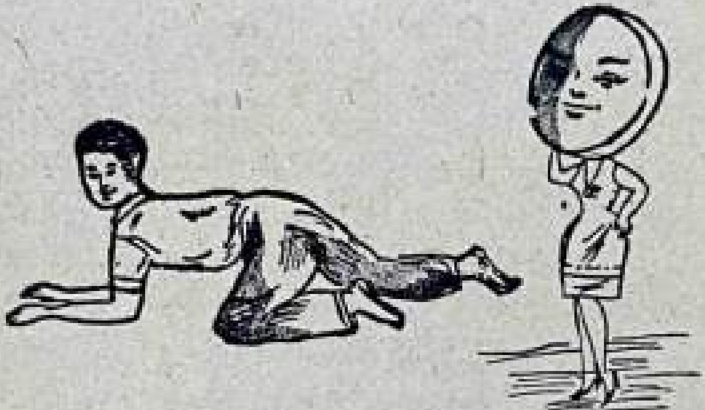
Roll pastry and fit loosely on pie plate. Prick with pork.

Combine milk, sugar, slightly beaten eggs and vanilla. Pour into crust. Bake in a hot oven for a few minutes; when crust has set, reduce heat and bake in a slow oven until custard is done.

Pie may be topped with meringue made by beating remaining 4 egg whites and ½ c. sugar. Bake in slow oven until meringue is a light golden color.

They say that "a woman flies away from temptation, but a man walks away from it slowly — with the cheerful hope that temptation will overtake him".

One evening, after supper, as we were gathered on the terrace, some friends and I were discussing about temptations and their dangers to the soul. Then one of the boys, who is rather notorious for his ravenous appetite stood up, and landing his hands on his belly, said. "The only temptation I can't resist is food." Then dashing to the kitchen, he took out from the oven this:



"TEMPTATION" APPLE TORTE

1	c. sifted flour
2	tbsp. sugar
¼	tsp. salt
1/3	c. butter
1	egg yolk
1	tbsp. water
4	apples
½	c. sugar
½	tsp. cinnamon

Sift together dry ingredients. Cut in butter with knife until it looks crumbly: Mix egg yolk and water and work into the flour mixture until well blended. Roll dough thin and fit unto bottom and sides of a rectangular pan.

Pare apples and cut into eights. Arrange in rows over dough. Sprinkle with sugar and cinnamon. Dot with bits of butter, cover with aluminum foil and bake in a moderate oven for about 15 minutes. Remove foil.

Spread top of apples with a mixture of egg yolk and 4 tbsp. of condensed milk. Return to oven and finish baking, until a light golden brown.

Sliced ripe mangoes may be used instead of apples.

HONEY PUMPKIN PIE

½ c. sugar

½ tsp. cinnamon

4 tbsp. honey

1 c. cooked sieved pumpkin

1 c. milk

4 eggs, slightly beaten

1 recipe Plain Pastry

Heat milk, add to eggs. Combine with remaining ingredients. Roll pastry thin and fit loosely unto pie plate. Trim edge, prick well with fork. Pour pumpkin mixture into pastry. Bake in hot oven until crust has set; then reduce heat and bake in a slow oven until pie filling is done.

BUKO NOUGATINES

2 recipes Plain Pastry
3 c. buko or macapuno preserve
3 egg yolks
2 tbsp. milk
Chopped kasuy nuts

Roll pastry very thin. Cut and fit into tiny boat-shaped nougatine pans.

Combine buko, egg yolks and milk. Cook over low heat until thickened. Cool and use for filling the crust-lined pans. Sprinkle with kasuy nuts and bake in hot oven until golden brown.

COCONUT TARTLETS

1½ c. grated coconut
1 c. sugar
3/4 c. water
6 egg yolks
Plain Pastry

Cook coconut, sugar and water. Cool slightly, then add egg yolks.

Roll pastry thin, fit into small tartlets pans. Fill with the cooked coconut mixture and bake in a hot oven. Top with meringue and return to slow oven until meringue is a light golden color.

"I think of you, my dearest, as a distant promise of beauty, untouched by the world".

"Thank you for teaching me to see life, not as a burden or punishment but as a dream of beauty we can make real".

These are samples of love letters, sweet and romantic. And who doesn't love to dream once in a while?

However, since my 2 boys are born gourmets, I have to find another version of love letters. Here — take them away!

"TO THE ONE I LOVE"

LOVE LETTERS

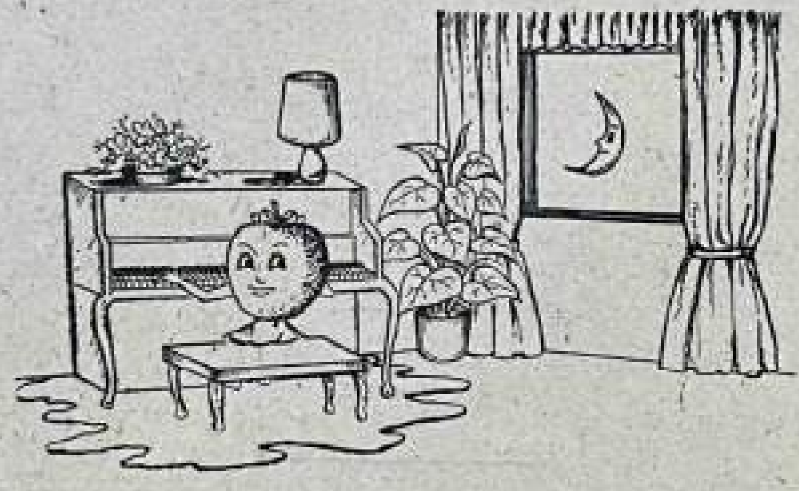
Plain Pastry, rolled thin
Jam or Cream Filling

Cut pastry into 3-inch squares; prick well. Spread some jam in center. Fold one end up diagonally, fold 2 ends at sides, then fold upper end down, to form small pastry envelopes. Bake in hot oven. Cool.

With icing, write guests' names on smooth sides of pastry envelopes.

It was the English poet Shakespeare who said, "The man who has no music in his heart is only fit for treason, strategems and spoils; let no such man be trusted" When we think of music, naturally we associate them with the composers. The immortal masterpieces that came from the artistic souls of Chopin, Lizst, Debussy and the other great masters belong to a priceless heritage, to keep and love, to cherish and remember.

As a tribute to those great composers, try the following recipes:



CLAIR DE LUNE ORANGE PIE

2	c. orange juice	4	egg yolks, beaten slightly
¾	c. water	2	tbsp. butter
Grated orange rind		1	recipe Plain Pastry
1	c. sugar	4	egg white
4	tbsp. cornstarch	½	c. sugar

Combine first 6 ingredients. Cook over low heat until thick. Remove from fire, add butter.

Roll pastry thin; fit loosely into pie plate. Trim edge and prick well with fork. Pour orange mixture into crust-lined pan. Bake in hot oven.

Beat egg whites until stiff; add sugar gradually. Pile meringue over pie. Bake in a slow oven until golden brown.

LIEBESTRAUM PIE

(Sweet as a Dream of Love)
and quite as melting

- 4 tbsp. butter
- 1 c. sugar
- 2 tbsp. lemon juice
- 3 eggs, separated
- ½ tsp. cinnamon
- 2 c. mashed boiled sweet potatoes
- 1 c. milk
- 1 recipe Plain Pastry

Cream butter; add sugar gradually. Add lemon juice, beaten egg yolks, cinnamon, sweet potatoes and milk. Mix thoroughly. Fold in stiffy beaten egg whites. Pour mixture into crust-lined pie plate. Bake in a hot oven for about 10 minutes then lower heat to moderate and continue baking until filling is done.

At one time, I said something about betting my rolling pin, but on second thought, I'd rather lose my favorite book or new dress than this versatile, useful and convenient tool perched so placidly on the red kitchen shelf. Aside from its useful job in rolling biscuits, cookies and pastries, this harmless-looking and innocent kitchen tool is the source of many jokes, the fear of henpecked husbands, and usually the treasured trophy of a woman after the domestic triumph over a quarrel.

In a news item I found this; "Last Saturday, at the Women's Sports Club, Mrs. Reyes was proclaimed winner in the rolling pin throwing contest."

P.S. On the same occasion, Mr. Reyes won the 100-meter dash.

PLAIN PASTRY

1 c. Flour
⅛ tsp. salt
1/3 c. butter
2 tbsp. iced water

Sift flour and salt; cut in butter with knife or pastry blender. Add iced water and mix just enough to blend ingredients together.

BAKED PASTRY SHELL

Roll plain pastry ⅛ inch thick. Lift into the plate. Do not stretch dough but place loosely. After crust is fitted, trim edges evenly, leaving a 1-inch overhang. Fold dough under to make a thicker rim, then trim edge with the times of a fork. Prick all over with fork.

Line pastry shell with waxed paper and partially fill with raw rice. Bake in a hot oven for about 15 minutes removing paper and rice after 8 minutes of baking.

The purpose of the waxed paper and rice is to prevent crust from shrinking.

CRUMB PIE SHELL

1½ c. fine crumbs
3 tbsp. sugar
1/3 c. melted butter

Mix crumbs and sugar; stir in butter. Line pie plate with mixture by pressing it firmly into place. Chill thoroughly or bake in moderate oven for 10 minutes.

Use any of the following crumbs: chocolate cookies, cereal flakes, Graham crackers, toasted bread, rosquillos.

For Cinnamon Crumb Pie Shell add ½ tsp. cinnamon.

MERINGUE PIE SHELL

4 egg whites
1 tsp. vinegar
¼ tsp. salt
1 c. sugar

Make a meringue of egg whites, vinegar, salt and sugar. Spread meringue into greased pie plate and bake in slow (225 F.) oven for about 40 minutes or until dry. Cool and fill.

"PINK HEAVEN" BUKO TORTE

1 meringue Pie Shell, tinted pink
Vanilla Ice Cream
1 tbsp. butter
1½ c. buko preserve
1 tbsp. cornstarch
1 tbsp. water
Red food color

Place ice cream in meringue shell. Keep in freezer.

Cook remaining ingredients until thickened. Tint a pastel pink. Cool thoroughly

Spoon sauce over ice cream and serve at once.

One of the members of our club is a lady — a sweet and gentle lady, who seems to grow younger with each passing day. Some of the girls asked her the secret formula for staying young, and she answered them with this lesson on:

HOW TO COUNT

Count your garden by the flowers,
Never by the leaves that fall;
Count your joys by golden hours,
Never when life's worries call.

Count your nights by stars,
not shadows —

Count your days by smiles,
not tears —

And on every New Year's morning,

Count your age by friends,
not years.

P.S. The lady mentioned also bakes the best pies in town.

Below the window of a friend's kitchen is a patch of blooming sunflowers. It reminds me of a Sophia Loren movie where she suffered a "loss of love". Nevertheless, she carried on bravely, and in the end, found another love.

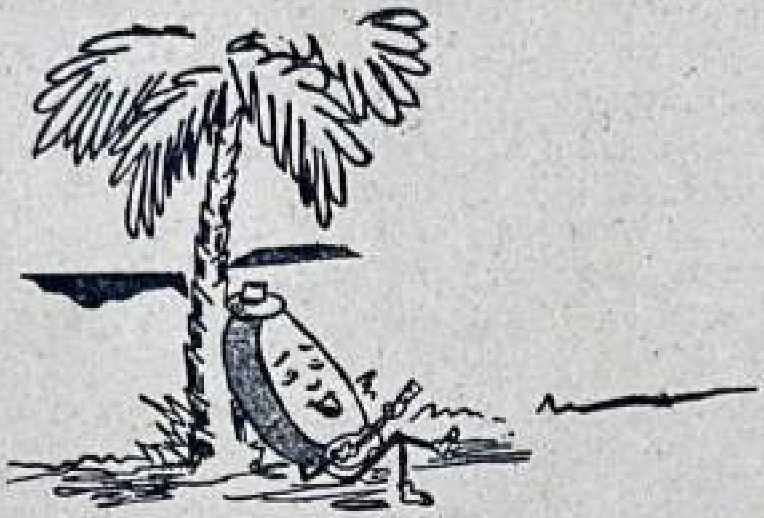
The sunflower is beautiful. Its face is bright and it follows the sun all day — for sunshine, for hope, for joy. Can we not then take a lesson from the sunflower — to always look at the sunny side of life?

"SUNFLOWER" PINEAPPLE PIE

1 c. sugar
4 tbsp. cornstarch
1 c. orange juice
1 tsp. grated orange rind
3 egg yolks, beaten
1 tbsp. butter
2 c. drained crushed pineapple
1 Baked Pastry Shell

Mix sugar and cornstarch in double boiler. Add orange juice and cook for about 10 minutes, stirring constantly. Add egg yolks and cook for a few minutes more, stirring continually. Remove from heat, add butter and well drained pineapple. Cool and pour into baked pastry shell.

Top pie with meringue, making a sunflower design. Bake in a slow oven until golden.



TROPICANA COCONUT PIE

2	c. scalded milk
½	c. sugar
4	tbsp. cornstarch
4	egg yolks
½	tsp. vanilla
1	c. shredded coconut
4	tbsp. mango jam
1	Baked Pastry Shell

Mix sugar and cornstarch in double boiler; add milk and cook until mixture thickens. Add beaten egg yolks and cook for a few minutes more, stirring constantly. Remove from fire, add vanilla and coconut. Pour mixture into baked pastry shell. Spread top with jam.

Pie may be topped with meringue made by beating 4 egg whites with ½ c. sugar. Bake in slow oven until meringue is golden brown.

LEMON PIE

7 tbsp. cornstarch
1½ c. sugar
1½ c. hot water
½ c. lemon juice
4 egg yolks
2 tbsp. butter
1 Bake Pastry Shell
4 egg whites
½ c. sugar

Mix cornstarch and sugar in double boiler; and hot water and cook until mixture is thick. Remove from heat; add egg yolks. Cook over low heat, stirring constantly. Remove from heat, add lemon juice and butter. Cool. Pour into baked pie shell. Make a meringue of egg whites and sugar. Pile on top of pie and brown in a slow oven.

GULAMAN

2 sticks gulaman
3 c. water
2 c. sugar
1 tall can evaporated milk
2 eggs, beaten

Add gulaman and sugar to boiling water; stir until gulaman is dissolved. Remove from fire, cool slightly, then add milk and eggs. Pour into wetted molds. Chill. Buko Gulaman — when gulaman is slightly set, add finely scraped buko.

CREAM PIE

½ c. sugar

4 tbsp. cornstarch

½ c. cold milk

1½ c. scalding milk

4 egg yolks

½ tsp. vanilla

2 tbsp. butter

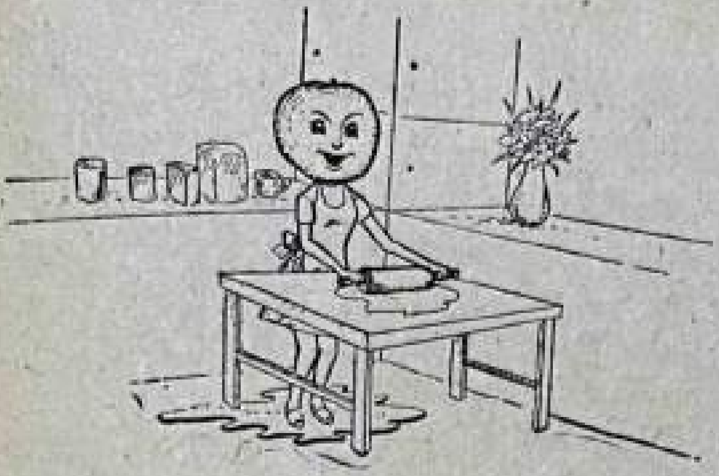
1 Baked Pastry Shell

Mix sugar and cornstarch; add cold milk and blend. Add scalding milk slowly and cook in double boiler, stirring constantly until mixture thickens. Add beaten egg yolks and cook for a few minutes more. Remove from fire, add butter and vanilla. Cool. Pour into baked pastry shell.

For Chocolate Pie, scald 5 tbsp. cocoa with milk.

For Mocha Pie, add 1 tbsp. instant coffee to milk.

For Banana Pie, add sliced banana. Top with marshmallows, brown in hot oven.



ORANGE CHIFFON PIE

4 tbsp. cold water

1 tbsp. gelatine

4 eggs, separated

1 c. sugar

½ c. orange juice

Grated orange rind

1 Crumb Pie Shell

Soften gelatine in cold water for about 5 minutes. Beat egg yolks and add ½ c. sugar, orange juice and lemon juice. Cook over boiling water until mixture coats spoon. Add rind and gelatine and stir well. Cool. When mixture begins to thicken, fold in stiffy beaten egg whites to which remaining sugar has been added. Fill crumb pie shell and chill.

Top with cream.

BANANA SUNSHINE PIE

3 oz. pineapple flavored gelatine
1 c. boiling water
3 egg yolks, beaten
3 egg whites
1/3 c. sugar
½ c. grated cheese
2 bananas, cut in cubes
1 crumb Pie shell

Dissolve gelatine in boiling water. Add egg yolks and cook over low heat for about 5 minutes. Chill until slightly thickened.

Make meringue of egg whites and sugar; fold in gelatine mixture. Add cheese and bananas. Fill crumb pie shell and chill.

UBE CHIFFON PIE

2 c. sliced ube
1 c. water
1 c. milk
¾ c. sugar
½ tsp. vanilla
4 tbsp. cold water
1 envelope knox gelatine
1 Meringue Pie Shell

Boil ube with water until cooked. Sieve.

Soften gelatine in cold water.

Cook sieved ube with milk and sugar until thick. Add gelatine and stir until dissolved. Add vanilla. Cool and pour into meringue pie shell. Chill.

LEMON TORTE

1 c. finely crushed rosquillos
2 tbsp. sugar
3 tbsp. butter
2 eggs
1 can condensed milk
½ c. lemon juice
Grated lemon rind

Combine crumbs, sugar and butter. Reserve some for topping. Press remainder in bottom of greased dish. Chill in freezer while making filling.

Beat egg yolks well; add condensed milk. Add lemon juice and rind; stir until thick. Fold in stiffy beaten egg whites. Pour mixture into crumb-lined dish, top with reserved crumbs. Freeze at least 6 hours.

Few days before the Liberation, while bombers and fighter planes flew overhead, one of my favorite cousins joined our hiding area amidst lush coconut trees in the little town of Carmen. On lazy afternoons, sitting on crags by the sea, she would read to me her collection of essays and poems, while watching the ever-changing patterns of clouds. I remember one particular line... "Don't be cynical about love, for in the face of all aridity and disenchantment it is perennial as the grass".

Just recently, this cousin surprised everyone by getting married while travelling abroad. When the happy news came, I remember once again that beautiful line she read to me many years back, while sitting on crags by the sea, watching the ever-changing patterns of clouds.

P.S. My cousin also collects recipes, and her favorite is this popular dessert the French call:

GATEAU SANS RIVAL

8	egg whites
2	tsp. vinegar
2	c. sugar
2	c. chopped kasuy nuts
1¼	c. sugar
½	c. water
8	egg yolks
1	c. butter

Take 2 lightly greased pans (8 x 12 inches); line with wax paper, grease well then dust with flour.

Make a meringue of egg whites, vinegar and sugar. Fold in nuts. Spread meringue in prepared pans and bake in slow (225 F.) oven for about 40 minutes. Remove from oven; invert on sheets of wax paper. Peel off wax paper carefully. Cool.

Boil sugar and water until syrup forms a soft ball when dropped in a saucer of water. Cool slightly, then add gradually to well beaten egg yolks. Cool.

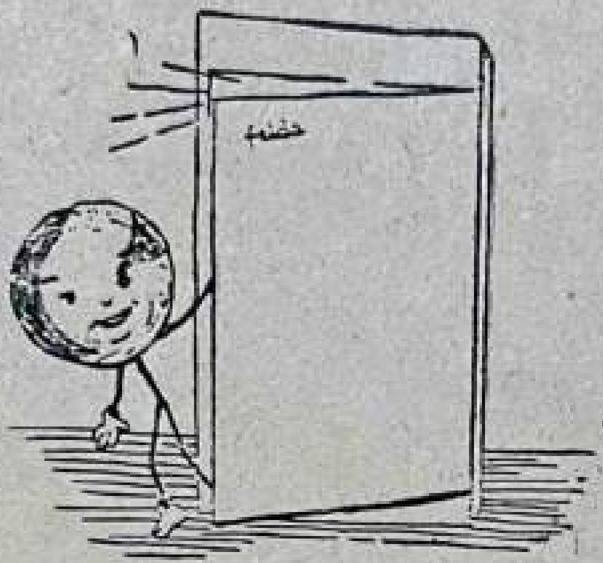
Cream butter; add egg yolk mixture until a creamy sauce is obtained. Use this sauce as filling between meringue layers, and to cover top and sides of "gateau". Sprinkle with more nuts and chill.

ROCA ENCANTADA

Follow recipe for Gateau Sans Rival, but flavor the icing with coffee.

Decorate top with candied cherries, pineapple chunks and tinted coconut.

ORANGE ICEBOX CAKE I



1 tbsp. gelatine
4 tbsp. cold water
½ c. boiling water
1 c. sugar
2 tbsp. lemon juice
1 egg white
Lady fingers or cake slices

Soften gelatine in cold water for about 5 minutes. Pour boiling water over gelatine, add sugar and stir until dissolved. Add orange juice and lemon juice. Chill mixture until thickened. Beat gelatine mixture until foamy. Then fold in egg white beaten stiff. Fill serving dish with alternate layers of lady fingers and orange mixture. Chill for 24 hours.

ORANGE ICEBOX CAKE II

1 tbsp. gelatine
2 c. evaporated milk, scalded
3 tbsp. cornstarch
1 c. sugar
3 eggs
¾ c. orange juice
Lady fingers

Combine cornstarch and sugar, add to hot milk. Cook over low heat, stirring constantly. Add slightly beaten eggs, cook for a few minutes longer, stirring well. Remove from heat; add gelatine which had been softened in 4 tbsp. cold water for 5 minutes. Add orange juice and rind. Fill mold alternately with lady fingers and orange mixture. Chill for 24 hours. Unmold. Spread top with cream, and garnish with orange segments.

A writer once said that "life is built upon a lovely plan if one only studies the blueprints of the heart".

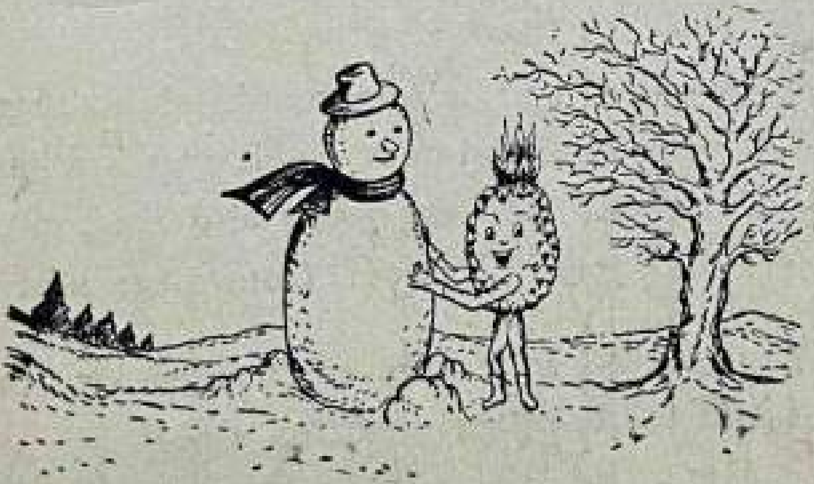
When one of our engineer friends heard this, he commented. "If a philosophy like that is food for the soul, what I need now is food for the stomach". Fortunately, the little woman was around and took out from the icebox her husband's greatest delight.

ORANGE ICEBOX CAKE III

1 big can evaporated milk
1 can condensed milk
8 egg yolks
1 orange, juice and grated rind
1 envelope Knox gelatine
4 tbsp. cold water
Lady fingers or cake slices

Combine 2 kinds of milk; scald. Add slightly beaten egg yolks and cook over a low heat, stirring continually in one direction until custard coats the spoon. Remove from fire. Add orange juice and rind.

Soften gelatine in cold water, then add to custard. Fill serving dish with alternate layers of lady fingers and orange custard. Chill.



PINEAPPLE ICEBOX CAKE

1 can crushed pineapple, drained
1 can cream
Lady fingers or cake slices

In serving dish, arrange pineapple, cream and lady fingers in layers. Chill.

CHOCOLATE ICEBOX CAKE

4 tbsp. cocoa

1 tall can evaporated milk

1 c. water

1½ c. sugar

2 egg yolks, slightly beaten

1 tbsp. cornstarch

1 envelope Knox gelatine

1 tsp. vanilla

Lady fingers or cake slices

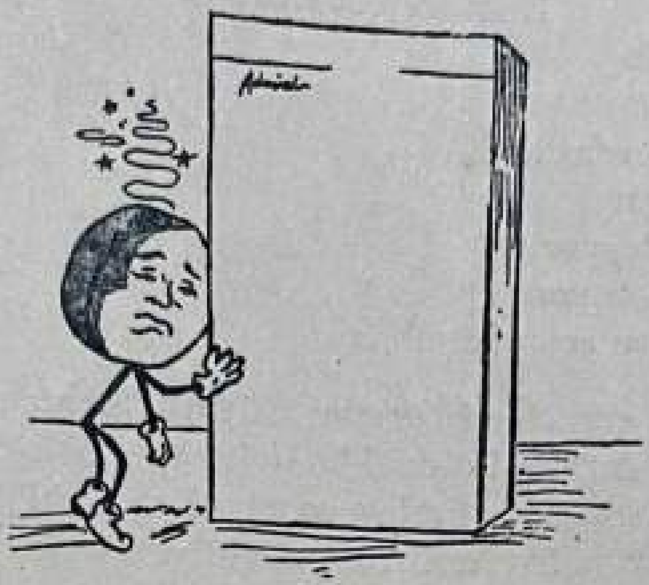
Chopped nuts

Combine milk and water; scald. Mix sugar with cornstarch and cocoa, and add. Cook over low heat until slightly thickened. Add egg yolks and cook until mixture coats the spoon. Remove from fire; add vanilla.

Soften gelatine in 4 tbsp. cold water, stir until dissolved. Add to chocolate mixture. Cool.

Arrange lady fingers, chocolate filling and nuts in layers in serving dish. Chill for 24 hours.

For Mocha Icebox Cake, instead of cocoa, use 1 tbsp. instant coffee.



"TIPSY" ICEBOX CAKE

1 tall can evaporated milk

½ c. water

1½ c. sugar

4 egg yolks

4 tbsp. chopped nuts

Lady fingers

Sweet vermouth

Combine milk, water, sugar and egg yolks; cook over low heat until thickened.

Arrange lady fingers in serving dish; sprinkle with vermouth. Pour one-half of filling over lady fingers. Sprinkle with one-half of nuts. Repeat.

Chill for 24 hours.

LEMON ICEBOX CAKE I

1 c. milk
1 tbsp. butter
1 tbsp. cornstarch
½ c. sugar
3 eggs separated
Juice of 1 lemon
Lady finger or cake slices

Place cornstarch, sugar, slightly beaten egg yolks, milk and butter in double boiler. Cook slowly until thick and smooth, stirring constantly. Add lemon juice. Remove from fire and cool slightly. While still warm, fold in stiffy beaten egg whites. Arrange lady fingers and lemon filling alternately in serving dish. Chill for 24 hours.

LEMON ICEBOX CAKE II

1½ tbsp. gelatine
6 tbsp. water
6 egg yolks
½ c. lemon juice
¾ c. sugar
Grated lemon rind
6 egg whites
¾ c. sugar
Lady fingers

In double boiler, heat egg yolks with lemon juice; add sugar. Cook over hot water until mixture coats the spoon. Remove from heat; add gelatine which had been softened in water for about 5 minutes; stir until dissolved.

Make a meringue of the stiffy beaten egg whites and sugar; fold this into lemon custard. Arrange lady fingers and lemon custard alternately in serving dish. Chill for 24 hours. Cover top with cream and sprinkle with coconut.

All around us are different kinds of food — the native, the imported, the cheap, the expensive, some rich in their protein value, others more noted for their mineral content.

But my sister Dolores says that "the most perfect food in the world is the milk of human kindness" Indeed we have every reason to believe this is true, but only as long as it remains sweet. The moment it turns sour, we can't make cheese out of it.

This subject about cheese is a pleasant opportunity to give you the following recipe:

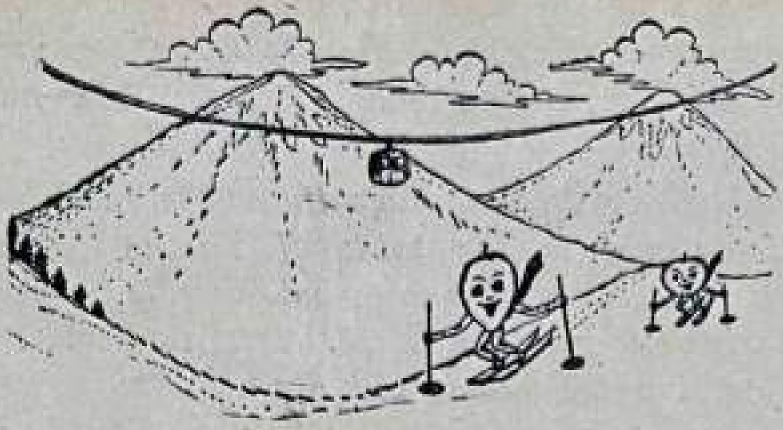
PINEAPPLE CHEESE ICEBOX CAKE

1 c. crushed corn flakes
4 tbsp. sugar
4 tbsp. melted butter
1 tbsp. gelatine
4 tbsp. water
3 egg yolks
1 c. canned crushed pineapple (with syrup)
Grated lemon peel
2 tbsp. lemon juice
½ c. sugar
1 c. cottage cheese, mashed
1 egg white, beaten stiff
4 tbsp. sugar

Mix corn flakes, sugar and melted butter; press into the bottom of a square pan, reserving about 4 tbsp. for topping. Chill.

Soften gelatine in water for 5 minutes.

Cook egg yolk, crush pineapple, lemon juice and peel, and sugar in double boiler, stirring constantly until mixture is thick. Add gelatine, stir until dissolved; remove from heat. Add cheese to hot mixture. Cool and chill. When mixture begins to thicken, add meringue made by beating egg white with the sugar. Place mixture in crust-lined pan, sprinkle reserved crumbs on top. Chill for 24 hours.



LEMON-ORANGE ICEBOX CAKE

1½ c. orange juice

Grated orange rind

1 lemon, juice and rind

¾ c. sugar

4 tbsp. cornstarch

6 egg yolks

¾ c. butter

1½ c. powdered sugar

6 egg whites, beaten stiff

Lady fingers

Cook first 5 ingredients in double boiler until thick. Add slightly beaten egg yolks, cook for a few minutes, stirring constantly.

Cream butter; add powdered sugar gradually. Add the cooled custard, then fold in egg whites. Arrange lady fingers and custard alternately in serving dish. Chill for 24 hours. Cover top with cream.

"It is told that 4 centuries ago in Italy, Catherine de Medici was to be married to the king of France. Having in mind the hostess' role she was to play, Catherine valued her recipe collection just as much as her trousseau. One of her treasured formulas was for a frosted ice concoction that was more than a thousand years old. Ice cream became very popular in the French court and was considered an exclusive dish for royalty. But then, like all good recipes, it found its way out.

In America, they say that George Washington gave Martha a gift of 2 ice cream pots, the early equipment for ice cream making. Then, the hand-turned freezer was invented, launching ice cream as popular dessert. And today, whether in the form of sundaes, cones, or baked Alaska, ice cream is a perennial favorite".

BUKO SHERBET

1 can condensed milk
2 c. milk
1 c. shredded young coconut
2 egg whites, beaten stiff

Combine 2 kinds of milk. Freeze to a mush. Add coconut and egg whites and finish freezing.

ORANGE SHERBET

1 tbsp. gelatine
1½ c. cold water
½ c. boiling water
1 c. sugar
Juice of 6 oranges
Juice of 2 lemons

Soak gelatine in ½ of the cold water. Add boiling water and stir until dissolved. Add sugar, remaining cold water and the fruit juice. Cool and freeze.

MANGO SHERBET

1 c. powdered milk
4 c. water
1 envelope Knox gelatine
¼ c. water
1½ c. sugar
4 ripe mangoes, mashed
1 tsp. vanilla

Soften gelatine in ¼ c. water.

Dissolve powdered milk in 4 c. water. Add rest of ingredients. Freeze.

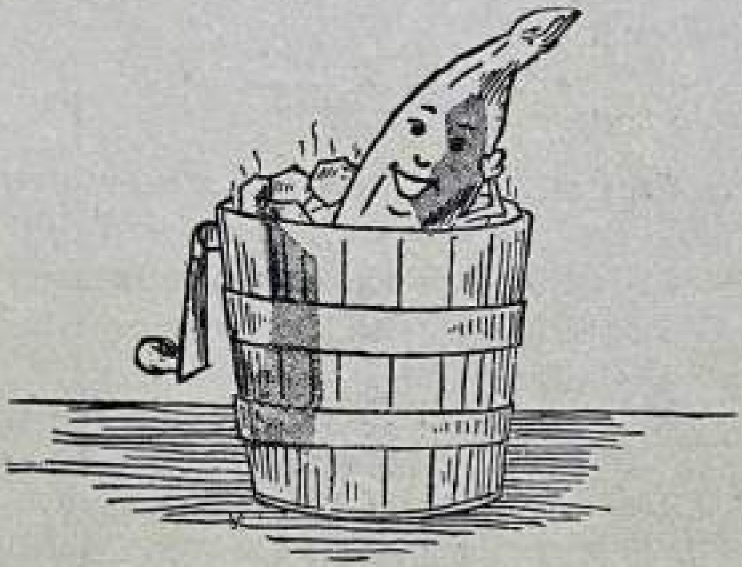
Old Man Sol is indeed a naughty guy. When farmers beg him to make a retreat for a while so their plants would not be so blighted by his merciless rays, he ignores their pleas and goes gallivanting from sunrise to sunset. And when Carmen has all the plans for her birthday picnic complete to the last detail, this same naughty guy plays a lazy role. He refuses to keep his date, and sometimes, even asks Mr. Raindrop to be at the outdoor party.

On hot summer days, no amount of begging can keep the sun from making his journey across the sky. And so, to drive off the heat, one has either to stay beside a cool spring on a mountainside, lull in a bathtub, take cold iced drinks. Or better still, grab the ice cream freezer and eat ice cream to his heart's desire.

LEMON SHERBET

4 c. water
3 c. sugar
¾ c. lemon juice
2 egg whites, stiffly beaten

Boil water and sugar for about 5 minutes. Add lemon juice, cool and freeze to a mush. Add egg whites and complete freezing.



BANANA SHERBET

6 ripe bananas, sieved
3 tbsp. lemon juice
1 can condensed milk
2 c. milk
2 egg whites, stiffly beaten

Combine bananas, lemon juice and milk. Freeze to a mush, then add egg whites. Finish freezing.

VANILLA ICE CREAM
(Basic Recipe)

4 tbsp. cornstarch
4 c. milk
1½ c. sugar
2 eggs, slightly beaten
2 tsp. vanilla

Scald milk. Dissolve cornstarch in a little water, add scalded milk slowly, stirring well. Cook over hot water until slightly thickened. Add sugar and beaten eggs and cook for 2 minutes more. Strain and when cold, add vanilla and freeze.

VARIATIONS

Banana Ice Cream	Peel and scrape 3 ripe bananas. Mash and add to cold ice cream mixture. Use 1 tsp. lemon flavoring.
Ates Ice Cream	Freeze Vanilla Ice Cream to a mush; add I c. ates pulp and finish freezing.
Mango Ice Cream	Add 1 c. mango pulp to ice cream mixture. Add more sugar.
Avocado Ice Cream	Add 1 c. mashed avocado.
Strawberry Ice Cream ...	Freeze Vanilla Ice cream to a mush; add I c. finely crushed strawberries and finish freezing.
Pineapple Ice Cream	Freeze Vanilla Ice Cream to a mush; add 1 c. well drained canned crushed pineapple and finish freezing.

Ube Ice Cream	Add 2 c. sieved ube and more sugar.
Macapuno Ice Cream	Add 1 c. macapuno cooked with sugar.
Mocha Ice Cream	Add 4 tbsp. instant coffee to scalding milk.
Chocolate Ice Cream	Add ½ c. cocoa to scalding milk, Increase sugar.
Choco-Nut Ice Cream	Freeze chocolate ice cream to a mush; add 1 c. chopped nuts and finish freezing.
Peanut Brittle Ice Cream	Freeze Vanilla Ice cream to a mush; add 1 c. chopped peanut brittle.
Tutti-Frutti Ice Cream	Freeze Vanilla Ice Cream to a mush; add ½ c. candied cherries, ½ c. nuts and ½ c. chopped dates, and complete freezing.

Sweet Corn Ice Cream .... Freeze Vanilla Ice Cream to a mush; add canned sweet corn (cream style) and finish freezing.

Our friend Gloria never wants to go bowling again. Perhaps because it reminds her of one particular day when something happened and her feelings then were like ten pins in a bowling alley, hit by a hurtling bali in a perfect strike.

But my sister Belen loves the game so much that a greater fraction of her salary and the bowling balls roll side by side in the alleys. Every time she comes home with a record of strikes and spares, she demands a celebration. Sometimes I doubt whether the pinnings are real; but I understand her cry of victory is simply an excuse so I would prepare some snacks and ice cream.

ICE CREAM SANDWICHES

Spread ice cream between slices of chocolate cake, angel cake, sponge cake, or gold cake. Hold in freezer until serving time.

STRAWBERRY IGLOO

1 sponge cake, 9 inch square
9 scoops strawberry ice cream
Cream

Cut cake into 3-inch squares. On each square of cake, place a scoop of ice cream. Cover ice cream with cream quickly, and serve at once.

BAKED ALASKA

1 layer sponge cake
1 brick ice cream, frozen hard
6 egg whites
⅛ tsp. salt
¼ tsp. cream of tartar
1 c. sugar

Cut cake slightly larger than brick ice cream.

Put cake on board covered with aluminum foil. Place in refrigerator for an hour or two.

Beat egg whites with salt and cream of tartar until foamy. Add sugar, a little at a time, beating well until meringue stands in stiff peaks. Place ice cream on cake and frost quickly with meringue. Be sure cake and ice cream are completely covered. Bake in a hot oven about 3 minutes until meringue is lightly browned.

Serve at once with a smile of confidence!

TABLE OF MEASURES AND EQUIVALENTS

3 teaspoons	1 tablespoon
4 tablespoons	¼ cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
16 ounces	1 pound
2 cups butter	1 pound
1 tablespoon gelatine	1 small envelope Knox Gelatine
1½ cups molasses	1 cup sugar
4 cups flour	1 pound
2 cups sugar	1 pound
1 jigger	3 tbsp.
1 sq. chocolate	3 tbsp. cocoa + 2 tsp. oil
1 c. sour milk	1 c. milk + 1 tbsp. lemon juice

BAKING TEMPERATURE CHART

Very Hot	450—500 F.
Hot	400 F.
Moderately Hot	375 F.
Moderate	350 F.
Slow	300 F.
Very Slow	225 F.

GLOSSARY

Achara	Pickled vegetables.
Achuete	Red seeds taken from achuete plant, used as food coloring.
Amargoso	Bitter melon.
Antipasto	Italian term for appetizers.
Bagoong	Salted, fermented fish or shrimps.
Bangus	Milk fish.
Baste	To moisten meat or fish while baking or roasting by pouring fat or drippings over it.
Batter	A mixture of liquid and flour that can be beaten or stirred.
Bay leaf	Laurel leaf.
Bibingka	Native rice cake.
Bijon	Fine rice noodles.
Blanch	To immerse food into boiling water.
Braise	To cook meat by first browning it in a little fat, then simmering with a sauce in a covered pan.
Bouillon	A clear seasoned soup made from lean meat.
Buko	Tender young coconut.
Bungan	Specie of evergreen bananas

Calamansi	A specie of lemon, small and round.
Camias	Green tart fruit, resembling fingers in shape and size.
Camote	Sweet potato.
Canape	Small open—faced sandwich.
Caramelize	To melt dry sugar over low heat until brown and of caramel flavor.
Cassava	Tuber from which flour and starch are derived. Also called camoteng kahoy.
Chicharron	Pork cracklings.
Chowder	Thick soup, usually with milk.
Cod	Bacalao.
Condol	Specie of squash.
Cut in	To incorporate solid fat into dry ingredients.
Croutons	Cubes of fried or toasted bread.
Dilis	Small silvery fish, known in Cebuano as bolinao.
Dough	Mixture of flour and liquid, stiff enough to be handled.
Dredge	To coat with flour.
Empanada	Turnover or tartlet.
Entree	Side dish.
Fold in	To blend lightly with up-and-down motion, without releasing air bubbles.

Fondue	Swiss cheese dish. Beef fondue is beef tenderloin cut in bite size pieces, cooked in hot oil in a fondue pot and served with sauce.
Game	Cooking term applied to birds or animals not bred in captivity, but which are commonly eaten.
Gabi	Glutinous tuber.
Galapong	Mixture of ground rice and water.
Garbanzos	Chick peas.
Giblets	Fowl's heart, gizzard and liver.
Gulaman	Gelatine.
Hibachi	Japanese charcoal grill.
Kaong	Fruit of a palm cooked with sugar.
Kasuy	Cashew nut.
Kawali	Deep iron cooking pan with rounded bottom.
Kinampay	Lilac colored.
Kinilaw	Fish and other foods eaten raw with vinegar and seasonings.
Kropek	Shrimp crackling.
Lakatan	Best specie of bananas.
Latik	Coconut honey.
Lauriat	Multi-course Chinese dinner.
Linga	Sesame seeds.

Macapuno	Specie of freak coconut, full of soft meat.
Malagkit	Glutinous specie of rice.
Marinade	A mixture of oil and vinegar or lemon juice in which food is allowed to stand.
Marinate	Mix with a marinade.
Merienda	Afternoon tea time in the Philippines.
Meringue	Egg whites beaten with sugar until stiff.
Miki	Wheat noodles.
Miswa	Very fine wheat noodles.
Nangka	Jackfruit.
Nido	Birds' nest.
Panbroil	To cook meat in a little fat on a hot skillet.
Parboil	To boil food until partially cooked.
Pata	Pig's or cow's feet.
Patis	Concentrated juice of salted fish used as seasoning.
Pili	Kind of nut.
Pimiento	Sweet red pepper.
Pinipig	Young rice that is roasted and pounded flat.

Poultry	Domestic fowls used for food.
Puto	Steamed cake.
Relleno	Stuffed.
Rind	Peel.
Rosquillos	Sponge type cookies popular in Cebu.
Saute	To cook in small amount of fat, while turning food constantly.
Sayote	Specie of squash, small in size.
Scald	To heat before it reaches the boiling point.
Sherry	Mild wine.
Simmer	To cook below the boiling point.
Sinkamas	Parsnip.
Smorgasbord	Scandinavian buffet service.
Sotanghon	Chinese bean vermicelli, transparent in texture.
Soy	Dark sauce derived from soy beans.
Sponge	Mixture of flour and liquid to which yeast has been added.
Steam	To cook over boiling water.
Sukiyaki	Japanese vegetable dish usually cooked right on the dinner table. It is also called "Friendship Dish".

Suman	Concoction of rice or other cereal cooked with coconut milk and sugar, wrapped in banana leaves then boiled.
Tacho	Shallow cooking vessel.
Tagaktak	A Cebuano delicacy made from rice batter passed thru a sieve into hot fat, then fried until brown. It is triangular in form, crisp and delicious.
Tahuri	Salted bean curd.
Tausio	Salted yellow or black beans.
Tokua	Chinese bean cake.
Ube	Yam, the choice variety having a delicate lilac color.
Ubod	Coconut heart, used as vegetable.
Yeast	Substance produced from the fermentation of malt, used as leavening agent.

67 TIPS TO THE KITCHENEER

— The kitchen is the one place where a woman spends much time, so make it beautiful and sunny. Gay frilly curtains, potted plants and flowers can give anyone that happy it's-a-wonderful-world disposition.

— A good kitchen rule: After cleanliness, order. Things and utensils arranged in places where they are needed assure neatness and convenience. Plus a non-clutter atmosphere.

— Have several wall shelves for different uses — canned foods, baking ingredients and implements, appliances, cook books. Include a small volume on poetry, to read while the cake or roast is baking.

— Use small empty coffee jars for condiments — curry, pepper, bay leaf, paprika, garlic, bouillon cubes, and tea. Place on a narrow shelf near the range.

— Likewise, use big empty coffee jars of uniform size for beans, mongos, nuts, breadcrumbs, sugar, and fruit jams. Label.

— Old coffee pots and pitchers make lovely containers for flowers.

— Keep a supply of canned fruit juices. They are always handy when friends drop by. And a healthful sauce of vitamins and minerals for the family.

— Crackers and saltines make quick canapes as well as accompaniments to beverages, soups and salads.

— Keep ready a box of kropek for a quick and easy appetizer.

- Do not waste old bread. Toast, crush with rolling pin, sift and store in a glass jar. It has many uses in the kitchen.

- Recipe for calamansi syrup: Boil 3 c. sugar and 1 c. water. Cool and add to 1 c. calamansi juice. Keep in glass jar in refrigerator. 3 tbsp. syrup added to a glass of cold water makes a refreshing drink.

- For elegance, serve the simplest fruit juice in white stemmed glasses. Pass sugar cubes in a small bowl, and don't forget the silver tongs.

- To prevent discoloration, soak cut bananas and apples in water mixed with calamansi juice. Or use canned pineapple juice instead of water.

- Calamansi juice added to fruit preserves gives it a certain tang. It also makes the syrup glossy.

- A copper "tacho" and a wooden spoon are the best implements when making jams and fruit preserves.

- If there are left-over fried bananas, cook it with a little syrup. Flavor with sherry.

- Left-over boiled camotes can gain new dimensions in taste by cooking in syrup made by boiling sugar with orange juice and a little butter. Glazed camotes are perfect accompaniments for ham, pork chops or chicken.

- There are many tempting recipes using left-overs, so save every bit.

- While working, line table with newspaper to catch peelings of fruits and vegetables. Cleaning then would be easy and less messy.

— A steamer is an important item in the kitchen. Besides being a "must" for Chinese recipes, it is useful for streaming puddings, custards and puto. It is also best for reheating left-overs and frozen foods.

— For thickening, always dissolve cornstarch or flour in cold water before adding to sauce.

— Combine sugar and cornstarch for thickening cream fillings, and avoid lumps.

— Sour milk is made by combining 1 c. milk and 1 tbsp. lemon juice or vinegar.

— Lemon juice added to fish and seafoods not only enhances the flavor, but also removes the fishy smell.

— Sliced amargoso and carrots cooked with fish paksiw gives it a special taste.

— To take out bitter taste of amargoso, cut, soak in water with salt for about an hour.

— Try wrapping small fish in pechay leaves, then cook with seasonings in coconut milk.

— "Marinating" seasons food and enhances the flavor. It also serves to tenderize meats.

— The Chinese cooks always dredge cut meat with cornstarch before cooking. The coating seals in the juice and makes it tender.

— For breaded meat or fish, use equal amount of flour and cornmeal for crisp coating.

— When roasting fish or chicken, wrap in aluminum foil to seal in the juice.

— Bake foods that need quick browning on upper rack of oven.

— Don't throw away pickle vinegar. Use for marinating green beans, carrots, okra, and other vegetables. Set aside for a day or two.

— Quick dressing for cole slaw and other salads is made by combining bottled mayonnaise, sugar and a little vinegar.

— Always add salad dressings at the last minute.

— Powdered sugar is better than ordinary sugar for sweetening whipped cream.

— Spaghetti and macaroni should be boiled "al dente", which means tender and cooked through yet firm.

— Add cream of mushroom soup to spaghetti and macaroni dishes — for a special flavor.

— Moisten cooked empanada filling with condensed cream of mushroom soup. Or use it as dip for tiny empanaditas.

— Try using chicken stock instead of water when making empanada crust.

— To make mashed potatoes smooth, instead of ordinary milk, add scalding milk while whipping potatoes. The hot milk also melts the butter.

— Special scrambled egg: Cook in the usual way, but before the eggs are set, add some grated cheese.

— Quick egg appetizers: Cut boiled eggs in halves lengthwise. Cover yolks with mayonnaise, garnish with cooked shrimps.

— Serve creamed crab or shrimp on small shells.

— Sandwiches should be wrapped in wax paper, then with a damp towel. Store in refrigerator.

— Fried meat balls have many uses. Make in quantity and keep in refrigerator.

— Caramelize the sugar when making lumpia sauce.

— Do not put salt to steak before cooking, because salt makes it tough. Season after meat is cooked.

— For steak sauce, simmer for 10 minutes ½ c. butter and 1 tbsp. Worcestershire sauce.

— Reduce heat by 25 degrees F. when using glass dishes for baking.

— Always measure dry ingredients first, so you will use only one cup. However, it is best to have an aluminum measuring cup for dry ingredients and a glass one for liquids and shortening.

— For cutting raisins, dates and marshmallows, use kitchen shears dipped in flour or confectioner's sugar.

— When baking cookies, line sheets with wax paper. This eliminates greasing.

— Drop cookies and refrigerator cookies save much time and effort, and are just as good as the rolled variety.

— For banana or apple fritters, dip sliced fruit into Fritter Butter to which dessicated coconut is added.

— A tablespoon of sugar added to pie crust mixture improves it. Some add 1 tsp. vinegar to the iced water to get a flaky crust.

— Roll pastry for pies between 2 sheets of wax paper — for easy handling.

— Don't forget to make slits on the upper crust of fruit pies, so that the juices will not run over the sides.

— Frosting on cake prevents it from becoming dry.

— Recipe for a glamour fruit compote: Place fruit cocktail in champagne glasses. Drizzle cointreau on tops.

— Dress ends of cocktail party skewers with white fringed tissue paper, if you value elegance.

— On hot summer days, serve soup in bowls over cracked ice. The same goes for shrimps marinated in mayonnaise.

— Originality is something one cannot buy at the supermarket. For a Tropical Party, garnish the drinking straws. About 2 inches from the straw top, attach a kalachuchi blossom.

— Serve seafoods and salad on giant natural shells. For tablecloth, use fishnet.

— Cold foods should be served cold and the hot ones piping hot. For the Japanese tempura or Sukiyaki, a skillet on a hibachi right on the dining table provides the dramatic touch.

— Don't be afraid to use your china and silver every day. It is only through constant use that silver gains its "patina". Besides, you should enjoy your beautiful things. It can give you that "Cloud 9" feeling.

— Share your recipes with friends, and you will get handsome dividends.

— A poet, to emphasize togetherness, said, "Let me be the echo of your voice, the midnight of your day." In the same way, foods seek partners to attain perfection — like steak and potatoes, beer and barbecue, strawberries and cream.

— For a refreshing summer drink, fill cups with melon balls. Chill. Just before serving, drizzle with syrup flavored with wine.

— When boiling quail eggs, keep the water at a simmer. High boiling temperature makes the shells burst.

— Use native wicker baskets for serving assorted sweets; flower, vegetable and fruit arrangements; fried chicken, shrimp fritters and empanadas.

— Don't overbeat egg whites when making Angel Cake. Whites should stand in soft peaks so that tips bend over when the beater is lifted.

— Add drained canned whole kernel corn to pancake batter, for something different and nice.

— For garnishing purposes, frost grapes. Separate grapes into small bunches, brush with slightly beaten egg white mixed with a little water, then dust with sugar.

— For a quick dessert, serve pieces of left-over cake with fruit sauce or chocolate sauce.

— A perfect refresher on a hot day is a slice of melon with a scoop of ice cream on it.

— Serve foods with flair and drama. The simplest dessert or salad can steal the show on your dinner table.

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THE WHITE HOUSE

WASHINGTON
AUG 24
PM
1966
D.C. 33

Mrs. Inday Camara Gumban
306 F. Ramos Street
Cebu City, Philippines

August 22, 1966

Dear Mrs. Gumban:

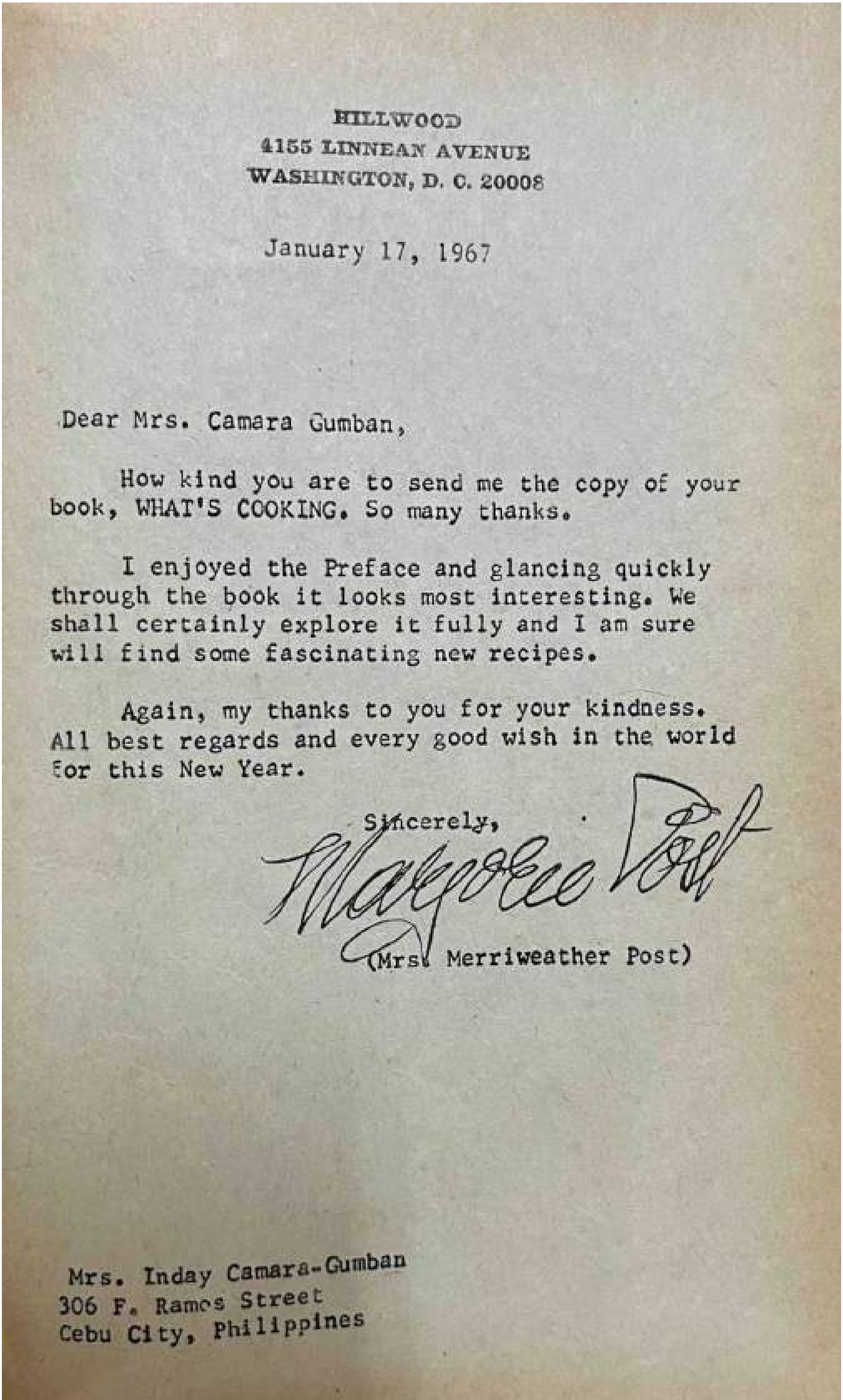
How nice of you to send me an inscribed copy of your cookbook, "What's Cooking?", on the occasion of my wedding. Thank you for being so thoughtful.

It means much to me to know that others shared in this joyous time of my life -- I am deeply appreciative.

Sincerely,

Luci J. Nugent

Luci J. Nugent



HILLWOOD
4155 LINNEAN AVENUE
WASHINGTON, D. C. 20008

January 17, 1967

Dear Mrs. Camara Gumban,

How kind you are to send me the copy of your book, WHAT'S COOKING. So many thanks.

I enjoyed the Preface and glancing quickly through the book it looks most interesting. We shall certainly explore it fully and I am sure will find some fascinating new recipes.

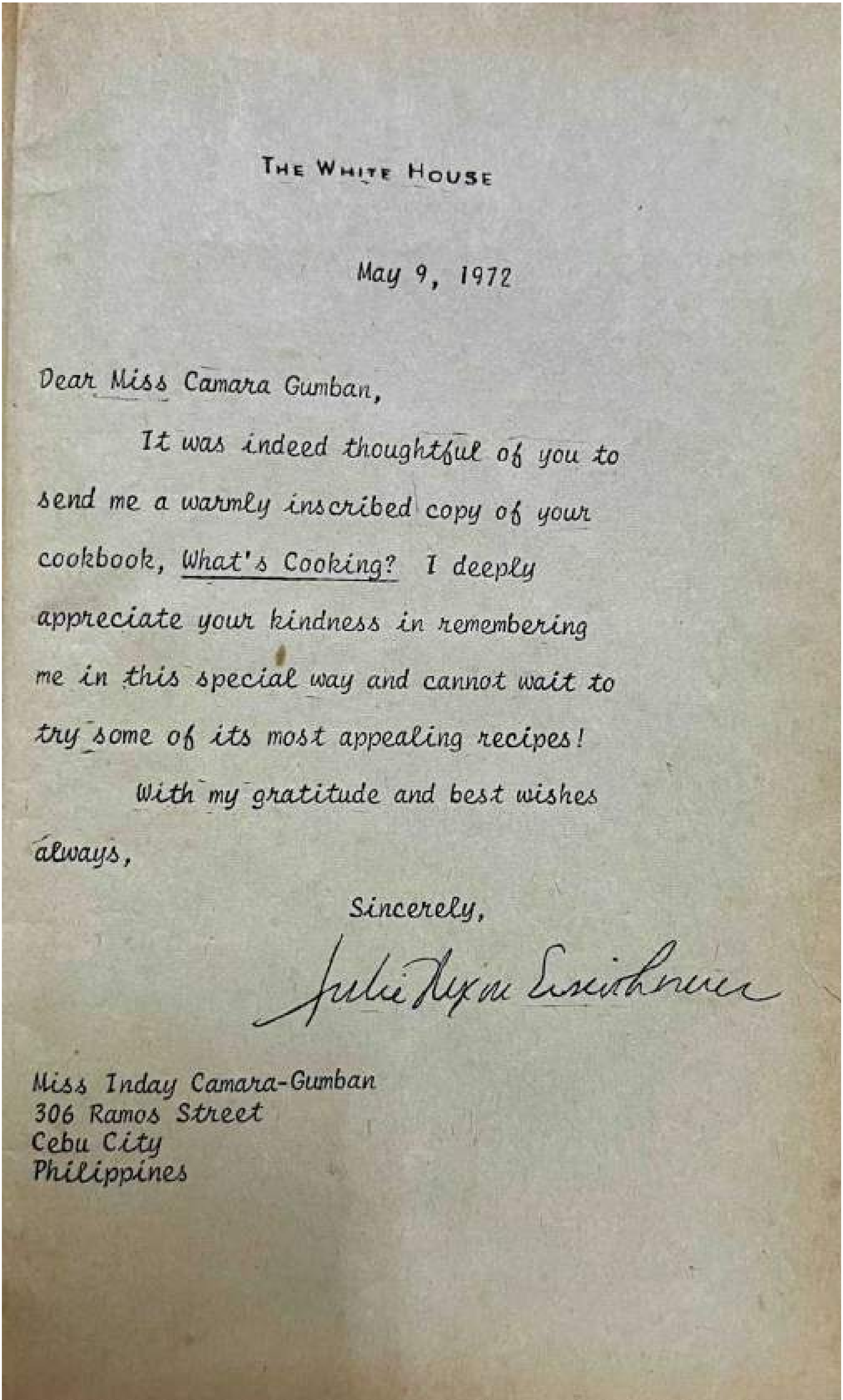
Again, my thanks to you for your kindness. All best regards and every good wish in the world for this New Year.

Sincerely,

Marjorie Post

(Mrs. Merriweather Post)

Mrs. Inday Camara-Gumban
306 F. Ramos Street
Cebu City, Philippines



THE WHITE HOUSE

May 9, 1972

Dear Miss Camara Gumban,

It was indeed thoughtful of you to send me a warmly inscribed copy of your cookbook, What's Cooking? I deeply appreciate your kindness in remembering me in this special way and cannot wait to try some of its most appealing recipes!

With my gratitude and best wishes always,

Sincerely,

Julie Nixon Eisenhower

Miss Inday Camara-Gumban
306 Ramos Street
Cebu City
Philippines

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